

# INNER FREEDOM



*Playbook for Coaches*  
*by Dave Buck, MCC*



**CoachVille Center for Coaching Mastery**  
*We are the champions of dreams!*

# WE FREE EACH OTHER!

Welcome. On behalf of the entire CV Team, I want to welcome you to the Inner Freedom Method™ Coaching Program.

The themes of the program:

**The Pursuit of Inner Freedom to get your Hearts Desires out into the world.**

AND

**Learn how to befriend fear and it will guide you like a treasure map to your playfulness and Superpowers!**



The BIG IDEA that is the focus of this program is this: People playing for a BIG Dream in life are often highly aware of exactly what to do, but they are unable to do it on a consistent basis because of the strong inner resistance of Social FEAR.

The powerful truth is: **You can PLAY with FEAR!** This is the coaching opportunity that we will explore in this program.

And we will play with our fundamental coaching theory: **The World is a playground and we are here to play together!**

The emphasis will be on PLAYING BIG in life and adopting a “PLAY Life framework” in your personal, business and career life. Specifically, you will design and play for your dream with actions that require you to play outside of your current preservation zone. This is a potentially transformational shift and we invite you to PLAY along with us.

Of course, there will be LOTS of coaching as well! As a part of our “Active learning” method you will collaborate with a coaching partner throughout the program. You will coach and be coached by the same person in all of the in-class coaching exercises. We believe this will allow you to go deeply into the coaching and experience a real coaching relationship.

**Our big BIG DREAM...**

Life Coaching is a global freedom movement! When people are free to play big for their dreams they can think for themselves and care for the collective at the same time. This way of living is essential for us to uplift the Human Family.

Enjoy the program and remember...

**FREE PEOPLE, FREE PEOPLE!**

Coach Dave Buck and the CV Team!

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## **Note to reader...**

The purpose of this playbook is for you to gain the advanced understanding needed to make the most of this coach education program; and to be a transformation coach in the world.

I have a few provocative ideas to share with you... that will shift how you see yourself, the world around you and your opportunity to thrive as a coach in a joyful way. AWWW Yeah.

There are A LOT of pages in this book. There are NO TESTS on this material. Please don't stress over the number of pages. Take your time. Do your best to enjoy the experience. Try to imagine that I am talking with you.

The craft of coaching is complex, dynamic and delicate... just like people! Everything in here is aimed to help you understand the craft more fully so that you can enjoy coaching even more than you already do.

## The Treasure Map Moment



It usually starts with a desire... a dream to do something that you haven't done before. You may start off by yourself, but hopefully soon have a companion or two.

Being an Industrialized Human, next you seek out an authority to tell you how to do it; someone to provide you with the step-by-step instructions.

So you start with the first few actions by following the instructions. This seems to go well for a short while.

But then...

Something goes wrong.

Why didn't the expected outcome happen like the instructions said?

Did you do it – whatever it is - wrong?

You double check the instructions. You and your companions confer. You try again.

It still didn't work.

## BAM!

The treasure map moment happens!

The transformation begins...

**From:** Industrialized Instruction Followers

**TO:** Resourceful Humans on an adventure!

**From:** Oh Snap, there must be something wrong with me (us).

**TO:** Oh yeah! We get to find our own path!

Instead of following the instructions from the authority...

You drop your attachment to it turning out the "right way"

You meet new people and ask for guidance rather than answers.

You start looking for clues.

You start reading the signs.

You explore new possibilities.  
You laugh together at mistakes and messes.  
You embrace the mystery.  
You begin to trust yourself and your companions!  
Fear and fun join your adventure in a new form.  
Not the Industrial Fear of doing it wrong.  
But the Natural Fear of the unknown.

Not the Industrial “fun” of getting the right answers as expected.  
But the Natural fun of new discovery.

There are big unexpected challenges that call upon your determination.  
There are tough times that call upon your resilience.  
The instructions from the Authority are far in the distance now.  
There are moments where you are frustrated and feel stuck.  
There are peak experiences where you rise up and do something awesome.

You are AWAKE!  
Out of the Industrial Control trance of routine.

AWAKE... and ALIVE!  
Your senses are on alert.  
You are open to new possibilities.  
You feel your Human Nature come alive and get into creative action.

Along the way,  
You discover YOURSELF; the power within you that had gone dormant.  
You discover the genius of your companions; qualities you had never seen before.

You may eventually reach your original desired outcome.  
Or you may end up somewhere completely unexpected; probably even better than what you initially desired.  
But it actually doesn't matter.  
It turns out the adventure...

and rediscovering your Human Nature  
and discovering your YOUUnique power  
and experiencing the incredible value of your companions...  
was the treasure.

Turns out that while there are step-by-step instructions for some activities in life, living our dreams is not one of them.

There are no instructions to our dreams.

There is no roadmap to our dreams.

But there is a treasure map.

Let's do it again!!

# **Introduction**

## **The BIG Picture of Inner Freedom Coaching**

## *Pre-Class Play Plan*

It looks like a lot... but it will be fun to prepare for our adventure.

- 1) Read the Introduction of this playbook (Wooo Hooo! You are doing that now!)
- 2) [Get the Inner Freedom Coaching Guide PDF](#);

I recommend printing this and putting it in a binder.

- 3) [Listen to the Player Prep Audio for the Exploratory Session](#)

You can send your potential players this audio as an enticement to have an exploratory conversation with you; OR send it to them to help them prepare for the exploratory conversation with you.

- 4) [Get the Player Playbook PDF](#)

Read the Introduction for the players.

You can send this to your potential players to entice them to sign on for the life-changing experience you are offering them! Team Play for Transformation.

OR

Send this to your players after they sign on with you

- 5) [Listen to the Sample Exploratory Session with Player Leanne](#)

- 6) Recruit 3 players to coach by reaching out and having exploratory conversations.

This Introduction contains a detailed plan for doing this. Aim to have your 3 players signed before class starts; or during the first week at the latest.

- 7) Get in the Group for this program on our Student Site (CoachVille.net)

- 8) [Get the Inner Freedom Playsheet PDF](#);

Follow the printing instructions.

Send this to your players after they sign on with you.

## **Quick Start**

The purpose of this playbook is to provide you with the important concepts to read and consider **prior** to each class session.

The purpose of this Introduction is to orient you to our CoachVille coaching framework and teaching philosophy and prepare you to thrive in the program. I will share with you a few BIG ideas at a high level to spark your curiosity – essential to all learning! Then we will dive into the details as we move through the program together.

If this is your first CoachVille class, this section is very important.

If you have taken a CV class before then you can skim this Introduction as a review up to the Player and Coach Missions. While these Missions are similar in each program, each

has a unique flavor. And as a returning student you KNOW that being ready to play AND recruiting your 3 (or more) players is essential to your success.

This playbook is used for both Teleclass and Self-paced study students. Where the instructions differ slightly, I will make note of it for you.

The Chapters of the Playbook coincide with the classes of the program. Some of the content is specifically connected to what we will do in the class; while other content is shared to add to what we cover in class. There is a LOT to learn in the field of coaching and in this program that we don't have time to cover in class sessions because the classes are dedicated to conversation and practice.

**So the point is... to get the complete program you need to read this playbook!**

## **The Student Site**

**BIG REQUEST:** Share your insights and experiences.

On the Table of Contents for the program on the Student site there is an opportunity to share your insights and experiences for each part of the program.

**We don't give tests! We play together**

At CoachVille we don't give right/wrong answer tests... that is not our thing!

It's all about participation and contribution.

You make the class experience better for everyone by sharing.

There are

## **Teleclass Welcome!**

A quick note to the reader: this playbook is used for both the teleclass and the "self-study with a buddy" version of the program.

This little section is just for the teleclass participants.

In every class you will participate in a variety of provocative exploratory conversations and coaching sessions.

A few key points to consider as you start this class.

1) Our programs are based on dialogue-based learning. So we expect you to jump in and participate in the conversations. Be BOLD! Share your thoughts and questions; Your voice is a contribution to everyone else in the program. Your instructor is a highly trained coach and very capable of weaving diverse thoughts into a web of learning for everyone!

2) You will coach in every class. It is possible that this will be your first coaching conversation. So be easy on yourself! Don't expect to be a masterful coach on day #1.

If you have been coaching for a while – maybe even a LONG while - coaching in class is your opportunity to experiment and try new things. Enjoy the opportunity to stretch and learn.

## *The Greater Purpose of Transformation Coaching in the world*

### **The Practical... The Problems ... The Purposeful**

As your guide on your Inner Freedom adventure, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive as both a player and a coach.

So the first thing I want to do is share with you a few of the “real world” benefits of Life Coaching in general - and Inner Freedom Coaching in particular - in the form of practical benefits, problems solved and bigger purpose and aspirations.

I have phrased these from the perspective of the player. From the coach’s perspective, they explain what you will guide people to accomplish and experience.

### **The Practical**

- If your dream or purpose feels fuzzy or lost, it will come into focus and gain energy.
- Positive actions that used to seem hard, will start to feel easy.
- Your life will start to feel like a fun, growth-oriented adventure... **MOST DAYS**
- You will have more fulfilling experiences with people you enjoy; in **ALL** aspects of your life!
- You will gain awareness of where your doubts and fears are coming from... and you will feel more and more **FREE!**
- You will greatly expand your “body awareness” and “emotional awareness” which will increase your intuition, inner knowing and self-trust. << ***THIS IS A BIG ONE!***
- You will feel more **ALIVE...** and feel like your life is more vibrant than it used to be!

### **The Problems**

Coaching is **NOT** an intervention for problems! It is about playing better for your dream.

However... as you play better with your Inner Freedom coach, many of life’s common problems will lessen or disappear completely.

- You will experience **LESS** anxiety.
- You will experience **LESS** self-doubt.
- You will experience **LESS** procrastination on important actions.
- You will experience **LESS** negative self-talk;
- You will experience **LESS** limiting beliefs; and the idea of self-sabotage will disappear.
- You will experience **LESS** frustration, isolation and overwhelm! (***A LOT LESS***)
- **OFTEN...** You will experience **LESS** of unwanted addictions.

You have to admit... this will be awesome!

### **The Purposeful... and Aspirational**

- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!

- You will gain creativity. You will gain clarity on the YOUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into the Supermind for needed insights and possibilities... and then ACT on them.
- You will feel like your energy is flowing and aligned with your dream and greater purpose.
- ***Last but not least...*** you will stop the futile exercise of trying to conquer fear and you will learn how to EXPLORE fear – specifically social fear – which will lead to an extraordinary boost in your FREEDOM. INNER FREEDOM!
- As you practice exploring the FEAR you experience in social situations, you will rediscover your lost playfulness and YOUnique capabilities. AKA Your Superpowers!

AWWWWW Yeah!

### What coaching is

Next I want to share with you a few thoughts about life coaching because there is a lot of confusion about this.

Here is our definition of coaching:



# Coaching Is...

1. A profound personal relationship
2. Wherein the coach guides the player
3. In pursuit of playing better for their **dreams**
4. To Become the next version of themselves
5. Through proactive co-creation
6. And guided practice

Some folks have gotten the idea that coaches talk with you to help you solve your own problems. Others think that coaches tell you what tasks to do and hold you accountable.

Life Coaching is not about problems or tasks because life is not about problems and tasks. Life is for playing for our dreams and Coaching is about playing together to play better; also known as practice.

Let's go a little deeper into each of the elements.

### ***1. A profound personal relationship***

Coaching is a personal relationship. Your coach will care about you as a person and you will care about your coach. It is very different than the ideas we got about Industrial Age Professional that was robotic and impersonal.

Coaching is profound because it goes beneath the surface of life into feelings, emotions, beliefs, desires, possibilities, fears, visions, ideas... the important stuff.

### ***2. Wherein the coach guides the player***

Coaching is NOT hierarchical... which is an important detail we will explore in a moment.

Guiding another person on an adventure is a real artform. It is not the same as directing or controlling; but it is more than a passive companion.

Think about the guide on a hero's journey like Star Wars Obi Wan Kenobi to Luke Skywalker. They are on the adventure together, they are both actively involved. Obi Wan is sharing observations with Luke BUT... Luke makes his own choices about what to do.

Another way to think of this is the Olympic Coach. They are in the Training Center with the athlete every day sharing the dream together. Olympic athletes deeply thank their coach when they win a medal; they could not have done it alone.

### ***3. In pursuit of playing better for their dreams***

Playing better is the essence and the purpose of what ALL coaching is about.

Playfulness is an awesome Human Superpower. Helping you restore and maximize your playfulness is a big part of Life Coaching. I will get into that much deeper in a few moments because the idea of play may be scrambling your mind right now.

To ease into the exploration here are a few ideas to help you understand what I mean by PLAY and playfulness:

- Curious and Creative
- Resourceful and Resilient
- Explore and Experiment
- Fun! (usually, but not always)

## The 3 Frameworks of Play

There are 3 areas of life where we see play all the time. One way to get into playing for your dream is to identify with one or more of these and re-imagine your dream with this framework.

- 1) **Performance Art:** You have talents, a “voice” or perspective and something to say or share. You practice A LOT to refine both your skills and your message. You use your talents to co-create experiences with your audience.
- 2) **Game / Athletics:** The urge to compete drives you to hone your skills to perform at a high level. You enjoy the thrill of victory and embrace the difficulty of defeat. You enjoy the camaraderie of your team mates and the competitors. The definition of compete from the ancient Greek language is actually quite inspiring.

To Compete: to seek the best in oneself in the company of others likewise engaged.

- 3) **Epic Quest:** You have been “called” to adventure. There is something you MUST do even though it means leaving behind the comfortable of your well known surroundings and place in the world. You face great challenges in pursuit of your mission. If you are successful, you reap some great reward which you can bring back to your tribe for all to enjoy.

## Your Dreams

This is another topic we will talk about A LOT in this playbook and with your partner coach. Your Dream is your vision for who you want to become and what you want to experience in the world.

In the next section we will get into the details of The Dream.

## 4. To Become the next version of themselves

Coaching is always riding on parallel tracks.

One track is focused on the outer experience of what you are co-creating and accomplishing in the world around you.

The other track is focused on your inner experience of growing and becoming; especially becoming the version of YOU who can live the dream you are imagining. Becoming is about feeling more capable, more confident and more free to fully express yourself.

You have Superpowers within you that you are not even aware of right now. Your coach will help you see them and practice using them.

You have Beliefs within you that may or not be aligned with your dream. Your coach will help you reveal them and uplevel them if you want to.

## 5. Through proactive co-creation

Talking together is a big part of how coaching happens.

A key in Life Coaching and Life Playing is to co-create a safe space for deep and provocative conversations.

This brings me to one of my favorite things to share with new Life Players!

### **The ancient power of co-creation!**

**In the ancient** Aramaic Language there was a power phrase: **Abera Ca Dabera** – It means: “I create as I speak”. You have probably heard of it being used in the context of a magic trick but it is much more practical than that! When two people are talking together in deep conversation with purpose, permission and presence – as happens in a Life Coaching relationship – it can take on a life all its own. With your words you can speak your dream into existence and create the new version of YOU needed to fulfill your dream. This is the “magic” of co-creating that makes coaching such a powerful force in the world!

You and your coach will co-create many “things” together: ideas, plans, approaches, awareness, insights and more.

With focus and determination you can experience this transformational power as an Inner Freedom Life Coach and Player!

### **6. and guided practice**

If you really want to hone in on the true essence of coaching, guided practice is the **THING**.

A key in Life Coaching and Life Playing is to co-create a safe space for practice.

Practicing together is how we grow both in capability and awareness.

You and your coach will practice together by co-creating situations, conversations, pivotal moments and peak experiences. You will practice skills, using your Superpowers and expressing yourself. Through practice you can experience the new version of you before you bring it out to the world.

A **BIG** part of practicing together is **observation** and the experience of being **SEEN**.

We are **ALL** yearning to be seen by someone who knows what they are looking at!

Your coach is going to observe you as you adventure together and share with you what they see in a judgment-free way!

We all have blind spots in our thoughts and actions because we can't see ourselves very clearly...a trusted outside observer can really accelerate our growth.

At the same time, you will be observing your coach and absorbing their wisdom.

This is the way life is meant to be played; we are meant to co-create life with others; we are meant to be **SEEN** and valued by others.

### **The Global Life Coaching Movement... to FREE THE PEOPLE!**

I want to take this co-creation idea one step further here and share with you that as a Life Coach you are part of a global movement of vital importance to the Human family.

## **We Free Each Other... The Global Life Coaching Movement**

By signing on to become an Inner Freedom Life Coach you are participating in one of the most important movements happening in the world today!

Together we can uplift the Human Family one person at a time:

**Out of:** Dehumanizing Authoritarian Hierarchical Control

**Into :** RE-Humanizing Egalitarian Co-creative Freedom

The movement is to free the people from the dehumanizing, traumatizing and demoralizing hierarchical control structures that are dominating life today like a bad virus.

The movement is to “RE-Humanize” the human family to be the connected, playful, feircly egalitarian, FREE co-creators we were born to be.

While hierarchical controls aim to suppress Human Nature, Life Coaches play to unleash Human Nature. We are awesome!

I like to refer to us as “Rebels with a Cause”; even though I know that is a quirky cliché.

All around the world Professional Life Coaches as well as Coach-Approach leaders, managers and entrepreneurs are uplifting the Human Family – one person at a time - out of the dehumanizing Industrial Age of Control and into the Connected Age of Play by unleashing the Superpowers of Human Nature: Become – Believe – Belong! (whew... that is a doozy of a sentence!)

### **Dehumanizing Hierarchical Control**

The idea that the best way – or the only way - to organize human endeavor is through top-down control hierarchies is like a bad virus that has infected the Human Family; it started a few thousand years ago but it has really spread over the past 150 years.

The way I see it:

- Schools are all about controlling the human nature of children.
- Most religions are about controlling human nature
- Corporations are based on command – control - compliance.
- And because of all this control everywhere... even families are often focused on controlling each other.
- Most governments – even those with elections – are based on authoritarian rule; or oligarchical rule: rule by the few with wealth over the many.

It's REALLY BAD... IT's traumatizing and dehumanizing.

Why do I say dehumanizing?

Because ... we HUMANS HATE being controlled. We do. We hate it. Human Nature is egalitarian. Yet somehow human systems based on control are everywhere.

What happens is, when a human is subjected to control everywhere they go, eventually they succumb to it... most do anyway – except for us rebels... they absorb it and pass it on.

In hierarchical control structures:

- Our dreams are squashed
- Our playfulness is shamed
- Our voices are silenced

Just look around at the anxiety, depression, addictions, all the supremacies (white, male, wealth, religious), the discord, the growing power of authoritarian political leaders and the pervasive mean spiritedness we see; It's EVERYWHERE. It's all caused by dehumanizing control hierarchies suppressing the goodness – the awesomeness – of Human Nature.

**Controlled people, control people.**

**Hurt people, hurt people.**

**Life coaching is our way out of this mess.**

Rather than trying to intervene or fix people, we can transcend the situation by uplifting people through Life Coaching!

***Coaching is NOT an “intervention”.***

Please never use that word again when referring to coaching.

Coaching is always a choice.

**Life Coaching is about freedom!**

- Freedom to be your playful self and continue to grow and become a new version of you easily and naturally.
- Freedom to express ALL of who you are and contribute your YOUUnique value to others and enjoy the rewards.
- Freedom to pursue your own dream with a team of people who share your dream.
- Freedom to co-create belonging with people who enjoy ALL of YOU and who you are becoming and what you are contributing.

Important note: I believe that in the heart of every coach is a Life Coach.

Said another way: All coaching is life coaching.

Every person who “gets free” in this way then passes freedom on to everyone around them; co-creating a ripple effect of good.

A key point here is that we don't get free by struggling alone! Freedom is social. We only get free together... we must free each other by stopping the status quo habits of Industrial Control and sharing the rebellious joy of Connected Play and Co-Creation.

**Free people, FREE PEOPLE!**

I am super excited to have you on our team as an Inner Freedom Coach!!!

## **Read the Player Playbook to make a plan for your Dream!**

The Player Playbook has a detailed section describing possibilities for your Dream. Since you will be a player and a coach in the program this part is VERY important.

### **Together we will co-create transformation:**

**Out Of:** fear and emotions are something you ignore or power through; the subconscious mind is dark and mysterious and must be avoided.

**Into:** you can embrace and play with fear and emotions; the non-conscious mind and the Social Survival Imperative is “a bit of a maze” but it can become a vast resource of wisdom and your superpowers.

Make sure your play moves involve other people!

I will say this to you a bunch of times because I need to counteract the number of times you were told to do your own work or don't bother anyone.

### **Finally stay connected to these FUN ideas about the Inner Freedom Method:**

- Get your Heart's Desires out into the world
- FEAR is your Friend; You can PLAY with FEAR
- FEAR is like a treasure map that leads to your Superpowers
- Actions and results that seemed really hard, suddenly become easy and fun
- To go bigger out in the world, you must go deeper into your SELF”.

## **Find the Fun!**

**Make the play plan your own!-** When you play for your dream it is fun to customize the play plan for your personal desires; then bring the spirit of play to the PLAY MOVES of your dream.

**Creativity is fun** – Find a collection of fun ways to approach your PLAY MOVES. Challenge your mind to come up with a variety of fun alternatives – keep it fresh.

**Collaboration is fun** – Find ways to get other people involved with your PLAY MOVES. Playing with others is always more fun than playing solitaire and you tend to get better results as well (although it is more risky).

**Fear is fun** – It is exhilarating when you step out of your preservation zone and embrace the experience.

### **Transformations from worker to player**

<b>Industrial Control Mindset (the old way)...</b>	<b>Connected Play Mindset (the new way)...</b>
Do what you are told to do.	It's YOUR Dream. Define your own key

	initiative and have fun going after it.
Do your own work! Bunker in to work in solitude. If you ask for help from others that is cheating. (we all learned this lesson in Industrial Age School)	Humans are collaborative creatures. We are at our best when we engage others in our initiatives. People love to contribute, play along and give feedback.
Do it the same way every time to make it routine and eliminate mistakes	Routine is the enemy of your brain! Challenge your mind to find creative ways to approach your initiative in a new way every day.

### *Our Fears Are a Treasure Map to Our Superpowers*

I am addressing this section to you as a player... you will also guide this process as a coach.

This is a major theme of the Inner Freedom coaching program that you saw on the cover page so I just want to illuminate it a little bit here. We will be swimming in it full on once the coaching starts.

Here is the BIG AWARENESS: Growing up in the Industrial Age of Control you absorbed A LOT OF SOCIAL FEAR!!!

And the ways we were taught to “deal with” our fears were misguided.  
AKA They don’t work at all.

**Out of:** *Conquer Fear*; Fear is a weakness that I must squash or overcome.

**Into:** *Explore Fear*; Fear is my friend that is trying to keep me safe.

This is a very different way to look at fear than what you are used to. In the Industrial Age the idea was to make everything a simple task where nothing would ever go wrong and everything was under control. In this life you only experience the fear of shame for doing something wrong; any other fear must be squashed immediately so you can carry on doing your work in isolation.

The thing is, life is not that simple. I refer to this Industrial Mindset as the “Delusion of Control”. When you start playing for your dream out in the world of people, you realize that you can’t control it (or them) and you WILL experience fear... A LOT!

Then in the 80’s and 90’s the “Self-Help” movement really took off and continues today. While there are some good ideas in there, there was a LOT of nonsense about how you need to conquer your fear. And you can do it yourself with a self-help program.

The problem with the self-help movement is that it is based in the Industrial Culture of Isolation and working alone; somehow with the right information you can do everything yourself.

My experience has been that we can’t get free of social fears by working alone... it is impossible. So these programs lead most people to deeper feelings of shame and despair.

Here is the clue: Humans are not meant to do great things alone!!! We are social animals. We are here to co-create life together.

So the key is to change your relationship to fear.

If you attempt to conquer fear, it will defeat your dream.

If you honor and befriend fear, it will guide you to it.

Here is the next BIG idea to consider that will be a recurring theme in the Inner Freedom experience: In the Industrial Culture, the experiences you learned to fear the most were when you expressed your YOUUnique power and playfulness.

***What happened to most of us:  
We got in trouble for being ourselves!***

Your fears aim to keep you out of “trouble” so the thing you fear the most is your own power!

These dehumanizing experiences put our power and playfulness into the shadows of our inner being. This is what we refer to as the treasure map.

I know this may sound strange, so I am asking you to trust me on this one and then be curious and open. We will explore this possibility all throughout the program. The good news is that your Inner Freedom Coach knows how to guide you on the treasure hunt!

So when you feel fear, DON'T FREAK OUT, and don't ignore it! Make a note about the situation and share it with your coach. Then the adventure continues.

## **The Treasure Map**

I call it a treasure map because it is not a like a road map with easy-to-read signs. It is an adventure with lots of challenges and quirky clues.

## **TO Your Superpowers**

*A Superpower = A unique ability that you can practice  
until it is capable of making a BIG IMPACT on people or situations.*

Again, the key is to stay open and curious and your coach will guide you on the Inner Adventure to discover the power that is hiding behind that shadow of fear.

This includes the Human Nature Superpowers we have talked about a few times AND your YOUUnique abilities that have gone missing because of dehumanizing Industrial Age trauma.

There is a lot more to YOU than you are aware of right now.

## **Recruiting Players:**

**1) Introduction:** You are on a mission!

The What, Who, Where and How of recruiting players.

**BIG POINT:** hosting conversations where you invite people to share their BIG Dream with you is absolutely a fundamental occurrence of your life as a coach!

**2) Power Up:** Make your REACH OUT plan and DO IT!

(sample messages included in this playbook)

You can include this audio by Coach Dave with your “reach outs”:

[https://soundcloud.com/coachville/innerfreedom\\_exploratoryinvitation](https://soundcloud.com/coachville/innerfreedom_exploratoryinvitation)

Consider your replies to the reach out and schedule your exploratory sessions.

**3) Game Action:** Conduct exploratory conversations with your potential players. A detailed Conversation Guide is included in this playbook. Read it over a bunch of times before you use it to get familiar with the flow.

**4) BIG WIN:** A potential player says: “YES!”

**5) Find the fun!**

### **1) Introduction: You are on a mission!**

Recruiting good players needs to become one of your favorite activities in life. So consider this the start of lifelong adventure.

For real!

You are on a mission to become an Inner Freedom Coach. To do this you need to reach out and schedule exploratory conversations with potential players.

**NOTE:** Even if you reach out to someone who wants to say “Yes” before having an exploratory conversation, we recommend that you have the exploratory conversation anyway. This is good practice and you can make sure that you are both set up for success.

To become a great coach you need to coach a lot of players! Coaches are ALWAYS looking for good players. Then they set out to help them become GREAT players.

To enjoy a successful class experience we recommend that you recruit 3 “practice” players specifically for the Inner Freedom program.

**HINT:** If you register for class early, it is a great idea to start this process before the class officially starts!

**About game card badges:** in all CoachVille classes, you earn points toward your Coaching Superpowers Badge through coaching activities and conversations. You earn points toward the Method Badges – Like the Inner Freedom Badge for example – by applying the concepts in your own life.

**WHAT you are recruiting them to do with you.**

As we move beyond the Industrial Age of Control into the Connected Age of Play more and more people are yearning to play BIG in Life by expressing their talents to contribute to the lives of others through relating, creating and exploring. Their dream is the Heroes Journey call to adventure!

However, the Industrial Age was pretty harsh in the way it programmed people to suppress their unique qualities and to fear mistakes. So when they step out to really express their value they are going to bump into FEAR which will lead to frustration. In the Heroes Journey this is the refusal of the call and it happens EVERY DAY.

You have people around you who are ready to play BIG but they need a pathway to transformation. They need a great coach. **They need YOU to ask them to be your player.**

## **You are recruiting them for a 12-session coaching engagement.**

If you are in the teleclass then we recommend you do the engagement in 12 weeks.

If you are in the self-paced program then the timing is up to you. I enjoy doing 3 sessions per month; doing the 12 sessions over a 4 month period.

Each session you will have a 1-1 conversation with each player. These conversations can be over the phone, face-to-face or via any other audio/video connection tool. 45 minutes is a good time frame for each session though it can be done in 30 minutes if time is a constraint for you or your player. While it is VERY easy to stretch these sessions into an hour long conversation, aiming for 45 minutes will keep you AND your player focused on the topic at hand.

Note: Texting or messaging back and forth for 45 minutes will NOT match these requirements.

For each session, you will have a detailed Coaching Guide with questions to ask, ideas to share and visualization practices to guide. You will practice each session with your class partner in class (or self-paced buddy) before doing it with your practice players.

Also each session will have a 15-20 minute “Prep Audio” from me, Coach Dave, that you can send to your player with a few key ideas that will help you dive right into the coaching when you have your sessions. Team Play for Transformation!

We also recommend checking in with each player at least once each week in between coaching conversations via email, text or whatever means both you and your player like to connect.

## **What about the money?**

If you are new to coaching then we recommend coaching your practice players “pro bono”. If you are a seasoned entrepreneur who is good at charging for things, then you are welcome to charge a fee. Using the Inner Freedom Method, the value will absolutely be there even if you are brand new to coaching.

If you are a personal service provider adding coaching to your offerings, you may be able to charge your existing clients for coaching.

If you are an experienced coach, you can recruit paying players for this engagement or invite 3 existing players to do this with you. However, I recommend that you plan to coach 3 players specifically using the Inner Freedom Method rather than blending it with what

you are already doing. This will help you learn the Method AND it will set you up to add 12-week Inner Freedom Coaching engagements to your business model. SMART!!!!

## WHO to Recruit

The Inner Freedom Method is DEEP coaching; it requires a blend of openness AND tenacity. So you need players who have a STRONG desire to stretch their comfort zone in pursuit of their BIG Dream to contribute to the lives of others in a YOUUnique way. We say that FEAR is like a treasure map to our Superpowers.

You honor someone when you offer to coach them. Think of it as the highest compliment.

Who do you know who is doing good things and seems poised to step into greatness? Who has great potential to be a difference-maker... a game-changer?

Who do you know who has the desire to play life at a higher level or live into a new Dream.

Having a coach is a choice people make when they have a dream to play BIG, perform at a higher level or step into a new possibility.

Who is up to something big AND ready to go DEEP? Think of people of all ages; of all levels! Don't only think of people younger than you are; or "lower" than you are on the "status ladder".

Do **NOT** look at your existing connections and think: who has lots of problems and "needs a coach"? Coaching is NOT an intervention for problems!

This is not to say that good players don't have any problems! Of course they do. However, while some people just seem to have problems, players have challenges that arise out of their DREAM to play BIG. These are the type of challenges we want to explore with the Inner Freedom Method.

YOU do NOT need to be an expert in what the player is doing. Life coaching - and specifically the Inner Freedom Method - is powerful without specific subject matter experience. **Note:** When you move into high-end professional coaching the best plan is to combine Life Coaching methods – like the Inner Freedom Method - WITH subject matter experience.

Another thought...

Look for people who never really "fit in" to traditional structures where they needed to comply to do well. These folks could be poised for greatness in the Connected Age where curiosity, creativity and contribution are replacing command, control and compliance. These folks will LOVE the Inner Freedom Method.

## Where to recruit

This will depend on your situation. A little later in this playbook I will share with you some sample "REACH OUT" messages that you can use.

There are 3 basic scenarios:

A) You are a manager / leader and you have a group of employees and colleagues from which to recruit your 3 players.

Extend a personal invitation to the people you want to coach.

**IMPORTANT:** When coaching folks who work for you, you must obtain express permission from THEM to coach them AND you will need the 30 minutes per week of established 1-1 coaching time.

**ALSO IMPORTANT:** The Inner Freedom Method is DEEP, as I mentioned before. So you will want to choose folks with whom YOU are ready for vulnerable conversations.

**B) You are already coaching or providing a professional service to clients.**

In this case you have client pool from which you can recruit 3 players. If you want to recruit from your existing clients, you can offer them the opportunity to coach with you using a new format for 10 coaching sessions over a 3 month period. It will be important to let them choose to engage in this new approach with you.

**C) You are an awesome person learning a new coaching method.**

In this case you need to recruit 3 players from your network of friends, colleagues and social connections. You may have colleagues or friends who you can reach out to personally.

Many students use Linked In, Facebook or email to find their potential players using an “opportunity post”. Also, even if you have a group of people right around you, you may want the experience of opening up to coach people who come through your social connections. Remember!!! It is PLAY. Sometimes opening up to a bigger world can really spice things up nicely.

**Important!** Your CoachVille class colleagues do NOT qualify as practice players. The idea is for you to go boldly out in your community – geographical or virtual – and recruit players!

## **2) Power Up: Play plan your recruiting mission and REACH OUT!**

- Read this guide with sample REACH OUT messages
- Make your plan to reach out to your potential players and invite them to talk with you.
- Do your reach out.
- Share about your approach on the game card.

### **Sample REACH OUT messages**

*Replace the text that is **highlighted in yellow***

**Invite someone you know:**

“Hey **Sally**, I am participating in a 3 month Life Coach Training program called Inner Freedom and I am recruiting 3 amazing people to be my players while I am in the program. The Inner Freedom Method is loosely based on the Hero’s Journey; it is for people who have a BIG dream AND are willing to explore the doubts, fears, overwhelm and frustration that they experience on a regular basis. What if we discovered the Superpowers that your fears are concealing? It is VERY possible.

We will have 12 weekly 45-minute coaching sessions as part of the engagement. I think of you as someone playing big and I would love to set up an exploratory conversation to see if this is a fit for you. It is going to be great fun.

You can listen to this 9 minute audio by Coach Dave who created the program to get a little insight into what we will do together.

Are you interested? Let me know.”

### **Example opportunity social media post:**

I am taking a Life Coach Training program with CoachVille called Inner Freedom. I am very excited about it! I am looking for 3 “players” for a 12 Session **pro bono** coaching engagement over a 3-month period. Each session will be 45 minutes.

The Inner Freedom Method is loosely based on the Hero’s Journey; it is for people who have a BIG dream AND are willing to explore the doubts, fears, overwhelm and frustration that they experience on a regular basis. What if we secured the Superpowers that your fears are concealing? Together we can do it.

You can listen to this 9 minute audio by Coach Dave who created the program to get a little insight into what we will do together.

If this sounds like you please contact me so we can set up a brief exploratory conversation. It is going to be really fun and potentially life-changing. I only have 3 openings so please respond quickly!

If you know someone who might love this, please pass it on to them. Thanks!

**Here are a few “catch phrases” that describe the Inner Freedom Method that you may want to weave into your message.**

- Get your Heart’s Desires through the maze of doubt and fear and out into the world
- FEAR is your Friend; You can PLAY with FEAR
- FEAR is like a treasure map that leads to your Superpowers.
- To go bigger out in the world, you must go deeper into your SELF
- Unleash the Superpowers that your FEARS are concealing

\*\*\*

Use these samples to craft something that sounds like you AND uses some of the Play Language.

Then send it out! Don’t wait for perfection.

### **3) Play action: Recruiting conversations with potential players**

Receive the replies you get to your “reach out”s and schedule exploratory sessions with your potential players!

- **PRACTICE!!!**

- Read this section and PRACTICE the Conversation Guide; read it out loud a few times. It is structured like the Coaching Guides that you will use in class and with your players. We call it a “Conversation Guide” because at this stage you are not officially coaching them yet.
- Use it to talk with your potential players;
- Play for “YES! I want you to be my coach!”
- Share about your experiences on the game card.
- HINT: Share about it on the Gamecard even if you are they don’t say “Yes”.

## Introducing the “Recruiting” Conversation

The next step of this mission is to have a brief exploratory conversation with each potential player. This is important because coaching should always be a mutual agreement between the coach and the player. You can only coach someone if they want to be coached by you AND you believe in the dream they are playing for.

This exercise is powerful for your life as a leader as well as a coach because you are practicing relating for influence. Some of the most important moments in life are when we are making an “ASK” where you are playing for influence and a mutual “YES!”

This Conversation Guide will provide a simple structure for this conversation. Also, it is similar to the coaching outlines you will use in class so it will set a positive tone for the relationship.

Remember, YOU are the coach. So:

- A) You need to guide the conversation
- B) It is mostly about asking questions and listening. You don’t need to say too much!
- C) At the conclusion, YOU must choose if you want to coach this person.

If you are a “yes”, then ask them if they want to be your player. Your aim is for them to say “YES!”; If you don’t want to coach them, don’t ask them.

### What to look for in the moment of choice.

In the conversation outline you will do a lot of listening. As you are listening you want to check in with your intuition. This is an essential coaching skill so you should start learning it right now!

Wonder to yourself:

- Do I have a good connection with this player?
- Do I support the dream they are playing for?
- Will I enjoy coaching them?
- Or will I at least enjoy learning something by coaching them?

It is OK if you think they will be a challenge, as long as you will enjoy it in some way. It is OK if it will stretch your comfort zone or require you to look at things from a new perspective.

Avoid taking on a player if you think it will be a “rescue mission” for someone in trouble.

## PRACTICE!!!

Read the conversation outline OUT LOUD a few times to get used to saying the statements and questions!

You don't "say" the numbered lines to the other person; **NOR the statements in RED.**

You only say to them the lines that start with **Say:** and **Ask:** .

After you share about the exploratory conversation in the GAME ACTION tab, a BIG WIN item will pop onto your game card.

WHEN one of your potential players says: "Yes", click through to the BIG WIN tab on the game card and share about that as well.

### Relating the Exploratory Questions to the Human Situation

In this conversation you are talking with your potential player about their dreams, about being playful, about their unique abilities... exactly the things that have been squashed, shamed and silenced by the Industrial Culture.

Don't expect your potential players to be fluid in these explorations! It might be difficult for them. They may have no idea what to say.

This is OK!

It is not a test! There are no right answers. It is meant to be provocative and aspirational.

It is meant to spark possibilities within them.

When you ask these questions in an affirming way – as if to say: yes, of course you can do these things – it will start to wake up these elements within them.

A BIG key to coaching is to always remember that EVERY human has dreams, playfulness and unique power.

It is your role to create a safe space for the player to explore and practice and BECOME the version of themselves that expresses them in the world.

In the conversation be gentle, empathetic and affirming that they CAN speak it and they CAN do it.

### 4) **BIG WIN: A potential player says: YES!"**

Wooo Hooo!

### 5) Find the Fun!

You know those fun adventure movies where the "hero" is putting a collection of people together with special skills to accomplish a mission together? Well that is YOU right now.

**Putting a team together is fun!**- As a coach or coach approach leader you are always looking for good players for "your team". If your players are not necessarily going to play together they are still on your team so they will probably have some shared purpose even if they don't know it yet. You may even want to find a way for your players to get together at some point either face-to-face or virtually.

You will probably want a variety of players with different dreams or different talents; it can be fun to put the right mix together.

**Treasure hunting is fun** – You can think of every person who signs on to coach with you as a treasure. Looking for them can be really fun. You are looking for game changers to share a powerful experience with you. Finding the right players can be a fun adventure.

**Recognition is fun** – People love to be seen and known for who they really are – A BIG Player in Life. This is what happens when you reveal their BIG DREAM in life and the BIG Purpose they can pursue by playing rather than working. Being recruited is a form of recognition.

**Transformations from worker to player**

Industrial Work Mindset (the old way)...	Spirit of Play Mindset (the new way)...
You work alone and don't bother anyone.	You find your players through personal and social connections. You leverage your relationships and network in your search for good players. You are not alone. You are part of a vibrant community and YOU are the coach in this community now.

*Coaches Notes for the Exploratory Session*

The main purpose of the exploratory conversation is to figure out if you would like to coach this player.

- You know you will enjoy coaching them
- You know you will learn a lot from their situation
- You know they will love the Inner Freedom Method and will make great progress

Any one of these 3 is good enough!

The secondary purpose is to set the stage for Life Coaching

- Focus on their dream
- The use of play pattern language
- Exploring growth opportunities

And along the way they start to get a feel for the structure of a coaching conversation and the types of questions you will be exploring together.

LOTS of good things.

The main thing is to co-create the feeling that you will be guiding them but not telling them what to do. This is confusing for some people at first because somehow they got the perception that a Life Coach tells you what to do.

Another key, that we will talk about more in the Session 1 notes is to be really pro-active in the conversation sharing observations WITHOUT giving the idea that you are going to try to fix them or solve their problems.

**The Drama**

This part is meant to be really fun. You may need to coax them along a little bit. You want them to get the idea that this is going to be an epic adventure with you as their guide.

EVEN if they just do the things they were doing before – like going to work each day – with you as their coach it is going to take on a lively new feeling.

## The Superpowers

Most people have no clue what their unique abilities or superpowers are beyond the infinitely bland “good communication skills”. The point of talk about this is to spark their conversation and whet their appetite!

## CHOOSE

Most people are fun to coach even if they are a challenge; there is almost always a valuable growth opportunity. However, if you get a bad vibration from someone or feel that they are really not open to personal growth, then I recommend not taking them on as a player; not even as a pro bono player.

Coaching is meant to be FUN!

## Team Play for Transformation

It takes a village to co-create transformation!

In this program we will learn about the enormous influence that culture has on you and our ability to live our Dreams and transform into the next version of ourselves.

At CoachVille we have co-created a culture for Dreams and Transformation that you can be a part of... and we invite you to share this with your players as well.

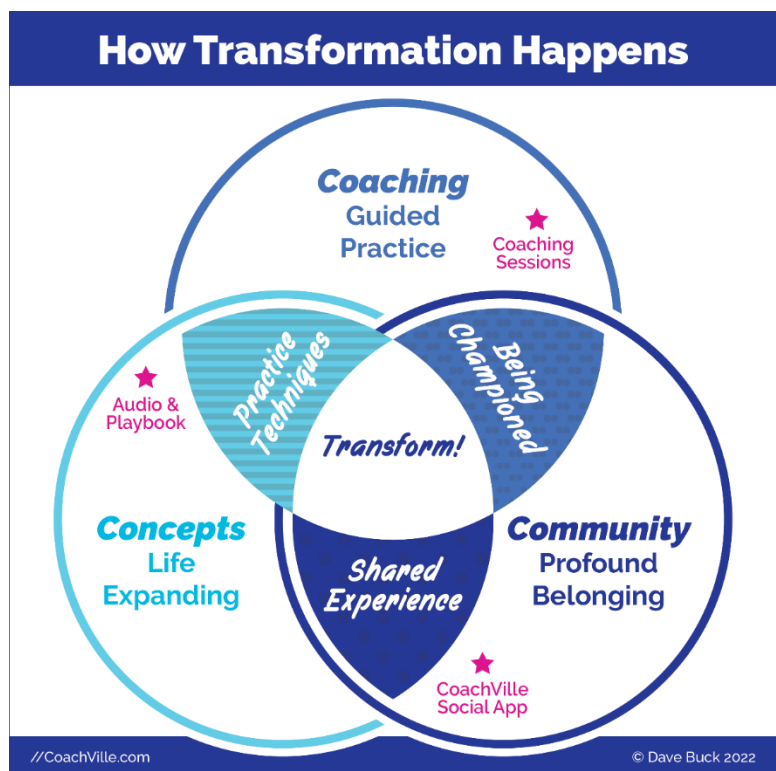
Our culture includes Coaching, Concepts and Community.

Coaching is guided practice. You are the core of the experience with your player, but you don't need to do it alone!

Concepts are life expanding ideas that can shift our mindset and expand our awareness. Your players have the playbook and access to the audios so you don't need to take precious time during your sessions to “teach”.

Community is a place of profound belonging where your growth is nurtured. For this we have a CoachVille App with a group for players with an Inner Freedom Coach! Here they can access all of the resources and also connect with other amazing humans who are also participating in the Inner Freedom Program.

The community part is vital because they will feel that you are a part of something bigger than just being the only person they know with a Transformation Coach. Experiencing a



positive culture will empower them to “ripple” their experience out to other communities that they are part of!

They can access the community on CoachVille.net AND... most importantly... on the CoachVille App. The App makes it especially easy to access the audio content.

We will share with you a private link that you can use to invite your players to the private group for Inner Freedom Players.

SEE YOU THERE!

### **A few more details...**

Life is a co-creation.

Freedom is a co-creation.

The coaching relationship is a co-creation.

At CoachVille we play with co-creation all the time. CoachVille founder Thomas Leonard was a wildly successful co-creator with a group of coaches he called his “R&D Team”. So it is part of our DNA.

We have taken this idea to a new level by co-creating a set of informative and compelling resources for you to share with your players. These resources will make your coaching more impactful... but they will also make you look really good in the eyes of your players! (Status Matters)

There is a collection of concepts that when your player absorbs them your Coaching will be more impactful; for example the concept of “Pivotal Moment”. When your player understands how to recognize a Pivotal Moment in their life they will make much better use of their coaching time with you.

At the same time, it would take a bunch of time for you to explain it to them... and this would take away from the time that you can be practicing with them, observing them and listening to them; which is where the magic happens.

So we have created a playbook and a set of audios that you can share with your players that explain all of the concepts needed for Inner Freedom Coaching.

In the playbook and audios I explain to the player that I will be their bonus companion while they are on the coaching adventure with you.

There is a playbook chapter and an audio that will help the player prepare for each session and make the most of their time with you.

There is also a playsheet PDF with a sheet that matches the unique flow of each session. (If you follow the coaching guide ;-)

Your players will love these resources and you will love that they come to each coaching session ready to play. SO GOOD.

Meanwhile, this will make coaching with you a step above anything else they have experienced in the coaching or personal growth space. Like I said... status matters. It leads to impact, advocacy and referrals.

[Here is the Playsheet Pack PDF](#)

[Here is the Player Playbook](#)

[Here is the Audio to prepare for the Exploratory Session.](#)

## **The Benefit for us at CV... and the World!!**

There is a BIG benefit for us at CV with regard to your players; in addition to you being the most awesome coach they have ever had!

It happens often that people who experience transformation with a CoachVille Coach want to learn how to be a Coach – or coach approach leader – themselves.

Free People, FREE PEOPLE!

It is our hope that with their experience of your coaching and these impactful resources that they will join us in our school. And our world changing team of “rebels with a cause” to uplift the Human Family will continue to grow!

## ***The Backstory of the Inner Freedom Method***

After about a year of pulling together ideas and putting together a website, Thomas Leonard launched CoachVille in July of 2001. We had been friends since 1997 and I was his right-hand man.

After a wildly successful CoachVille Conference in Las Vegas in late 2001, Thomas and I went on a jet-setting speaking tour all over the US and the English Speaking world. Thomas did not like being on stage alone so I was his sidekick; filling in ideas or giving examples.

One idea that Thomas talked about all the time was something he called: Superconductivity. This is a concept from the field of electro-magnetism but he was using it as a personal growth concept. He talked about how it was possible to align your energy so that you could achieve your goals with very little friction.

The thing was, he talked about that you could do it, but he never explained HOW to do it. Just before he died he was creating a personal growth program to explain HOW. It was going to be called: “Absence of You”. I hated the name, but it was meant to explain how parts of us were creating the friction that prevented Superconductivity to our goals and aspirations.

Thomas - like most personal growth gurus of the 20<sup>th</sup> Century – was stuck between empowering people to be awesome and telling them how to fix what was wrong with them.

Anyway, when Thomas died this was just one of the many puzzles he left for me to solve.

Thomas had been collaborating with a fellow named Tom Stone on the Absence of You program. He and I finished the program in 2003 and offered it a few times. This collaboration didn't go so well; mostly because I was growing increasingly uncomfortable with the “there is something wrong with you and I can fix it” style of coaching. We parted company and he parted with the Absence of You program which he later renamed.

I set off to find a better pathway to Coaching for Energy Alignment; AKA Superconductivity.

Another major event in this story is when I hired Marshall Thurber as my Coach. Marshall was a protégé of W Edwards Deming and Bucky Fuller and he insisted that everything we taught had a strong theory and method behind it. This was SUPER helpful in crafting all of the Methods; but especially the Inner Freedom Method.

For a little while I was calling it the Superconductivity Method. But no one could figure out what in the world that meant! LOL.

Along the way I was dating and collaborating with an amazing Transformational Coach named Lise Janelle. We had SOOO many conversations about our coaching experiences that helped hone in on the ideas and the steps of the method.

So after several different attempts, the Inner Freedom Method came to life.

When Lise and I parted as a couple she created her own version of the Method called the Heart Freedom Method.

In 2015 while staying at a B&B on Block Island I quite accidentally picked up a book on a bookshelf titled: “The Continuum Concept”. This book changed my life forever. It was a fascinating story of a European woman who got separated from a few fellow adventurers in the Amazon and was taken in by a Stone Age tribe of Humans living a “pure” Hunter Gatherer life.

The way she described their lives was a lightbulb moment for me. It confirmed my hunch that almost all of the Human qualities or situations that we describe as problems or defects are not inherent to Human Nature; rather they are a product of living in the Industrial Age Control Hierarchy. I was also shocked to learn that the narrative I had learned in school – that Hunter Gatherer Humans were wild savages – was a bunch of bunk! What else had we been told in school that was purposefully misleading? It turns out... A LOT!

I researched and read a few more accounts of Hunter Gatherer Humans and I was thoroughly convinced that Human Nature itself is beautiful, loving, playful, egalitarian and co-creative. Everything else comes from the culture.

With that, I rewrote all of our coaching materials to remove ALL notions that “there is something wrong that we can fix”. Instead of fixing, we need to FREE our Human Nature from the chains of Hierarchical Control. We need to co-create environments where we are FREE to be fully ourselves. Together we can co-create an amazing world or peace, prosperity and possibility with EVERYONE included.

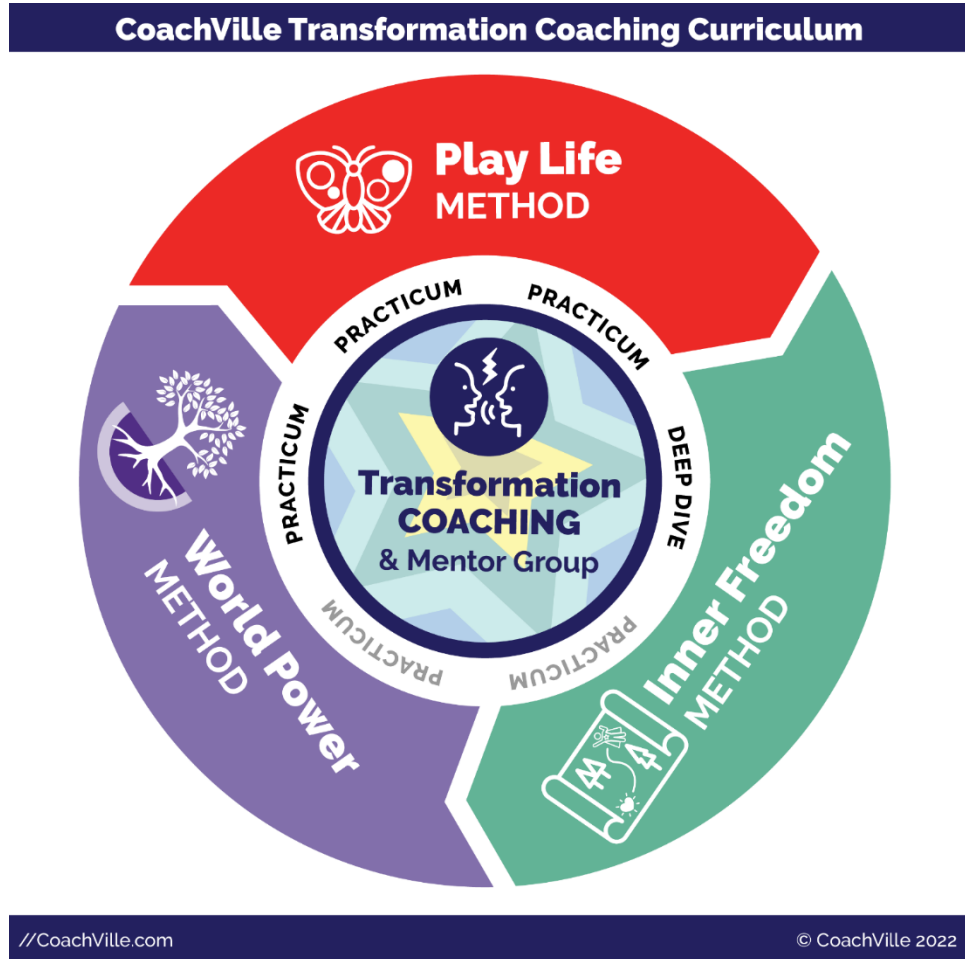
You will definitely continue to pick up on this underlying theory throughout this book.

This is the essence –and the PURPOSE – of the CoachVille Coaching Curriculum; and as I see it: the purpose of Life Coaching in the world today.

As a side note: you can get an extremely applicable version of the Human Story in the book: “*Free to Learn*” by Peter Gray. He also refers to “*The Continuum Concept*” as a classic. Fun.

## Your CoachVille Coaching Journey Begins (or continues)

### Where Transformation Coaching fits in the CoachVille Curriculum.



In the center you see the talking faces with the Lightning Bolt. This is the symbol for the Transformation Coaching program that we are doing together now. This program focuses on Transformation Coaching Techniques and Skills. It also introduces a few essential concepts like Human Nature Superpowers and Social Play.

You also see in the center the Mentor Coaching Group which focuses specifically on mastering the Coaching Superpowers from the perspective of the ICF Competencies and Certification Markers.

Next we look at the outer circle where we see the three CoachVille Coaching Methods. The coaching methods are how the coach can provide a guided coaching experience over 12 sessions. The Methods classes make use of the skills and the techniques and weave them into a broader narrative for the player.

Each Method program focusses on one of the three Human Nature Superpowers; while each includes all of them because they are always playing together.

Play Life = The Urge to Become

Inner Freedom = The Ability to Believe

World Power = The Need to Belong

Then in the little white ring in the middle you see the Coaching Practicum. This is where you demonstrate your ability to coach using the techniques and skills that we practice in class and with your players. The Coaching Practicum is one of the most unique and awesome things that happens at CoachVille. We play, coach, and learn together as a community.

The Deep Dive programs take place all throughout the year and you need to complete 2 of them to meet the graduation requirements.

### *The Inner Freedom Method*

The Inner Freedom Method is a sequence of guided exploration conversations, practice experiences, visualizations and body awareness experiences.

You cannot do the Inner Freedom by yourself; it is NOT a self-help method. The Inner Freedom Method is a co-created experience that requires two people. (There is a way to do a modified version in a small group as well)

In Session 1 you and your coach will explore your Dream for its possibilities as well as any “fear adjacent” experiences that you are aware of. From that point forward, each session your coach will guide the exploration of a “pivotal moment” of social play that you want to explore to unleash your power.

I will get into the details of the life-changing concept of a “Pivotal Moment” in Chapter 1 of this playbook and in the audio series. (Something else to look forward to!)

There are 9 Steps in the Inner Freedom Method. You will experience them at different times during your 12 sessions.

Here are the 12 Sessions of the Inner Freedom Method Coaching Adventure:

- #1) Play With Fear
- #2) Step 1: Pivotal Moments and Step 2: Judgment-Free Awareness
- #3) Step 3: Feel the Energy and Step 4: Body Beliefs
- #4) Memory Pops
- #5) Step 5: Explore the Superpower Potential
- #6) Step 6 Find the Perfection
- #7) Step 7: Flow of Gratitude
- #8) Step 8: Make Your Mind the Ally of Your Dream
- #9) Step 9: PrePlay the Pivotal Moment + Intentional Co-Creation
- #10 Upgrade Your Environments
- #11 The New Super YOU!
- #12 Celebrations

### *Let's Play!*

Whoa! We have come a long way already and our adventure together is just beginning.

Look out world... here we come!

## **Note to the coach about the playbook**

There are A LOT of concepts, ideas and perspectives in this playbook. There are a lot in the first few chapters and much less in the latter chapters. The Inner Freedom Method is a very different way of approaching coaching and life and there is a lot to learn in the beginning. You may want to read the first few chapters a few times over the course of the program.

As we move along on our adventure the focus will shift from concepts to your own coaching experiences... and your deeper explorations as a player.

**Chapter #01 – Play With Social Fear**  
**For Class #01 of 12**

*“In a sky full of people,  
only some want to fly.  
Isn’t that crazy?”*

*... Cause we’re never gonna survive  
unless...we get a little crazy.”*

*-Recording Artist Seal*

## Chapter #01 Prep

### Before Class

[Read through the complete coaching guide for Session #01](#)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to the Player Prep Audio for Session #01](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session #01](#)

(Coach Dave and Player Leanne)

### Read the Player Playbook Chapter 1. Here is the outline:

In this first session with your Inner Freedom Coach you are going to explore first your Dream. Then you will get into the details of some of the Actions, Challenges and Results that are part of playing for the dream. Finally you will explore a few experiences that are caused by social fear and doubt. We will get into all of that in a moment.

### Transformation

**From:** Overcome Fear

**TO:** Play with Fear

### Play with Fear has two meanings:

- 1) to approach fear in a playful way.
- 2) to play EVEN THOUGH you are experiencing fear.

### As a player, develop the ability to:

Talk about dreams, action plans and social fears in a playful way.

Talk about your dreams with playful imagination.

Talk about the actions related to the dream as a play plan with a focus on what you want to co-create in the world; rather than a task list of what you can control by yourself.

Talk about fear, doubt, frustration, isolation and overwhelm in a light-hearted and curious way. Describe being stopped by social fear without feeling shame; or that there is something wrong, or something that needs to be fixed in you.

### A few key topics for this chapter...

- 1) The concept of social play and social fear.
- 2) The Human Journey (with a coach)...

- 3) Our Human Nature Superpowers
- 4) Human Nature Superpower: The ability to believe
- 5) Human Nature Superpower: To Dream
- 6) A Dream you can BELIEVE in
- 7) Your BIG Dream
- 8) Prepare for Session #1

### *Coaching Notes for Session #01*

Session 1 assumes that you have had a brief exploratory conversation with the player. But even though you know a little bit about their Dream and some of the details for their vision of playing better, you will cover those same areas again and go a little deeper.

#### **The Warm Up**

The coaching guide starts with the warm-up. Guiding your player through these steps will probably feel a little (or a lot) strange at first. (This means it is a growth opportunity 😊 ) However, after a few sessions you AND your player will both love it. It is almost magical in how it improves the quality of a coaching session.

In this session you will explore the players BIG Dream. Then you will go into some of the details of PLAYING for the dream by talking about results, actions and challenges.

This is all fun stuff.

Then you are going to dive in on the much deeper side of life to set the stage for a truly amazing growth oriented experience. You are going to explore experiences of frustration, resistance, and reactions.

YOUR big focus for this session:

Maintain the same sense of fun and light-hearted exploration while you are talking about dreams, actions AND frustration, resistance etc.

This is SUPER important.

Your energy will make a big difference for how the player feels in the session.

You want to bring a vibration of...

- Whoa that challenge sounds like fun!
- Oh that frustration is going to be so juicy to explore together.
- Wow! What a great growth opportunity.
- Whoa! resisting an action like that means there is a big superpower in there somewhere. I can't wait to find it with you!

Meanwhile...

NOT EVEN A HINT... that YOU are going to fix or solve anything they bring up.

Not a hint of: “Oh that sounds so hard for you; oh poor you”. NOPE!

You need to be able to dwell in the struggle with your player while maintaining the “vibe” that everything is going to be a growth-oriented, co-created, FUN adventure together.

If you bring that vibration to each session... over a few sessions they will match you.

Judgment-free awareness is absolutely essential to the Inner Freedom Method. So it is up to you to consistently model it from the first minute. This approach will enable your player to talk about the struggle without feeling bad; or feeling like something is wrong with them. This is BIG because in the Industrial Age we didn't really talk about such things; except when we were complaining to colleagues.

Also... as a coach you need an inner knowing that there IS renewed power and playfulness under every frustration, resistance, overwhelm, reaction etc.

### **The Structure**

Every session will be unique. BUT the structure will be the same. This really accelerates the player feeling comfortable and safe with you. This will be vital as the conversations dig deeper with each session.

Welcome – Coaching Plan – Play/Practice Together – Growth Zone

Every session you will ask the player to speak their dream. This is very empowering for the player. The consistency will help create trust.

### **The Distinctions are NOT important in this case**

In the session you will ask about frustration, reacting to challenges, resisting action, avoiding etc. The Guide offers up a sequence of questions with a variety of words.

The point of this is to get the player talking about things they usually would NOT talk about. In the Industrial Culture you never admit that you are stuck or not completing your tasks.

The point is NOT to get into the details of whether something is reacting or resisting. Whichever question gets them talking is good! Different questions will spark different shares by the player.

### **Don't salve their fears**

While you are keeping it light and curious and judgment free... At the same time, don't minimize their fears or challenges.

*Avoid saying things like:*

- Oh, that's not so bad.
- Oh, that happens all the time, we can fix it
- Oh, I know how you feel, here is a quick tip to feel better

### **It is a bit of an emotional balancing act on your part.**

People respond to the dehumanizing Industrial Culture in a wide variety of ways and have adopted a wide range of approaches to how strange it all is Human Superpowers.

Staying judgment-free means that you don't judge their fear or frustration or try to take it away from them.

If they are feeling really frustrated about something, let them be there.

Some folks have never been listened to and may go overboard detailing their problems when they discover a listening ear. Here you need to encourage them to get to the bottom line and make room for the growth opportunities.

Some folks have read so many self-help books that they won't allow themselves to share about problems or frustration. They will recite affirmations like: "it's all good" or "it wasn't meant to be". For them you need to encourage them to allow themselves to say how it really feels. You can ask them if that "enlightened perspective" is how they really feel. You can tell them that it is safe to feel how they really feel. It is OK to be frustrated or disappointed!

You want them to feel that they can share anything with you and you will be right there with them... and always ready for the next growth opportunity to explore.

Does it sound like a contradiction to on the one hand keep it light and talk about the fun adventure, on the other hand allow them to feel their fear or frustration?

Welcome to Inner Freedom Coaching.

You can do it.

## **Is the Dream Big enough?**

This is the BIG question toward the end of the session.

Here is what I have learned from doing this many times.

Some people are frustrated because their dream is BIG and they have not grown into it yet.

Some people are frustrated because their dream is too small and they are getting lost in details that don't excite them.

It is up to you to help the player navigate this question so that you can provide them either support or challenge.

Either way will be awesome.

## **Coaching Notes Playsheet**

It is important to write a few notes on the Coaching Notes Playsheet. It is organized to match the flow of the session. At the end of the 12 Session engagement, you will be able to clearly see how far the player has gone both in terms of tangible actions AND personal growth!

## **Chapter #01 Key Points**

### **As a Coach**

The BIGGEST thing is the ability to talk with a person about their fears and doubts in a light-hearted and curious way... with NOT EVEN A HINT that you are going to fix it.

Avoid making any judgments or assessments or suggestions about how they can get out of the discomfort they may be feeling.

We call this “dwelling in the resistance” (the inner resistance) rather than trying to fix it or soothe it. You know that the Inner Resistance between the Dream and the Social Safety Instinct / preservation zone is where the Human Journey begins.

### A few additional practical points about Inner Freedom

- Inner Freedom is the ability to freely choose the best action or non-action in any moment.
- Inner Freedom accelerates your ability to create the results that you desire in pursuit of your dream and in your life.
- Inner Freedom is the feeling of being at ease in the situation
- Inner Freedom is being in the flow and knowing what to do next (or knowing when to do nothing)
- Inner Freedom is the awareness and integration of feelings (body wisdom) and thoughts and emotions

### The meaning of “PLAY with fear”

Play with fear has a double meaning:

- Approach fear with the spirit of play; with curiosity and full engagement
- Play EVEN when you experience fear

### The BIG IDEA - The power to manifest aka to co-create results

Your pure heart intentions are a powerful source of energy.

Your feelings, thoughts and actions are the energy that will go toward that intention and attract opportunities

When they are aligned they flow in the direction of your vision - things happen

When they are not aligned they create resistance and then your hearts intentions do not manifest.

### The Human Journey with a Coach - From the Coach Perspective

Let’s take another walk through this model. This time from the coach’s perspective because it truly explains A LOT about the Inner Freedom Coaching experience... and Life!

### The Coach and Player on Adventure:

First notice in the upper left corner our symbol for coaching; the coach



and player walking side by side. The player carries the flag with the lightning bolt to symbolize the pursuit of a BIG Dream. The Coach wears the lightning bolt on the shirt to symbolize sharing the player's dream. The Player wears the star which is the symbol for using one's superpowers for good in the world.

You will also see the flying person with the same star in the lower right corner. This symbolizes the player now expressing their powers and willing to be seen and known in the world.

### **The Social Safety Instinct and the Preservation Zone:**

Next notice the Social Safety Instinct at the center. This force is like a magnet that pulls your player toward **the Preservation Zone**. Here your player aims to maintain the sense of belonging and status that they have in their current environment. They also seek to maintain the beliefs that are required by this environment. And finally, they limit their becoming (and play) to what can fit within the existing structure; which is usually not much!

The Social Safety Instinct – and the requisite need to maintain belonging – is by far the most powerful force in Human Nature.

Many personal growth programs refer to something called the “comfort zone”. It is a similar idea but I feel that the Preservation Zone is a better name for what is actually happening. First of all, many people are stuck preserving something that is not at all comfortable; yet they fight to preserve it just the same. Preservation Zone also takes away the stigma of comfort zone that implies a person is weak or lazy. Self-preservation is a super strong survival instinct that is both essential and a respectable force to be reckoned with!

### **The BIG DREAM:**

Next notice the BIG DREAM and the lightning bolt on the outer edge of the model. The BIG DREAM is the 2<sup>nd</sup> most powerful force in the human experience. **AND it can become an equal (or better!) of the Social Safety Instinct with your companionship as a great coach and by helping them co-create with a dream team.** This is what we are playing for here at CoachVille.

The BIG Dream is what pulls your player out into “the world” to expand their contribution to life and humanity. The BIG Dream is the equivalent of the “call to adventure” in the Heroes Journey stories. To pursue their BIG Dream they will need to leave the Preservation Zone and pass through the FEAR zone and discover and develop their Superpowers needed to fulfill the dream.

### **The Pull! :**

Notice The Pull! This is what your player experiences anytime they endeavor to pursue a big dream.

*The BIG Dream pulls them out and the Social Safety Instinct pulls them in.*

This is the epic drama!

This is the compelling narrative.

This is what transforms life from boring daily routine to EVERY day a new adventure.

In the Hero's Journey stories this is called "refusal of the call". While in these stories this is a one-time event at the beginning of the story. In my experience of coaching people in pursuit of a BIG DREAM this is an EVERY DAY EXPERIENCE! Hah! It is often a many times every day experience.

### **The Growth Gap:**

This is the essential coaching element. When a person has a BIG Dream it includes a vision of themselves having new experiences and doing new activities or doing them in a bigger and better way than they can do them now. Anyone who goes after a BIG Dream knows that there is a gap that they will need to cross. Crossing this Gap from the current ability and situation to the vision is what coaching is all about.

### **The FEAR/Growth Zone:**

Social Fear is a fundamental Human experience. Its purpose is to keep us safe. Social fear is a feeling in the body that reminds us that in the past while doing something similar something "bad" happened. The fear comes up as a bad feeling to steer us away from the situation or action. Whenever your player pursues a course of action that is beyond what they are doing now, they will experience social fear on a regular basis.

The BIG insight is to realize that all of our social fears were absorbed from our environments. And many of our fears are social fears about expressing our playfulness and unique power (AKA Superpowers). So, if your player explores the fears with you they can lead them back to their playful powers.

Growth is about becoming the next version of ourselves and what we are capable of contributing to the world. We are meant to grow continuously throughout life. We grow by playing. ALL growth happens outside of the Preservation Zone.

THE BIG key is this: since most of our fears were absorbed in social situations it is essential that we explore our fears in the company of a trusted guide; AKA YOU, the Life Coach. It is almost impossible to overcome social fears by facing them alone.

### **The Superpower Zone:**

By walking with your player through the zone of Fear/Growth they will obtain many clues about their unique powers that have become hidden over time. Any time they contemplate a new action their body will buzz if the action resembles a troubling experience from earlier in life. Exploring these moments with your player using the Inner Freedom Method will often reveal the expression of power that is connected to the troublesome event. BAM! They now have awareness of a lost Superpower!! AWESOME!

With this awareness they can reclaim their power and use it to fulfill their BIG Dream

**NOT a straight path:** In model you can see that the path from the Preservation Zone to the BIG Dream is not a straight path. You can expect a lot of moving ahead and then pulling back. You will also notice the arrow that shows that once your player becomes comfortable and capable in their BIG Dream, a new dream will come to their heart and a new adventure will begin! **YES... this is why Life Coaching is such an amazing business model!**

You will experience this model as a player and as a coach in the Inner Freedom Program.

## **We are referring to Social Fear as distinct from Physical Fear.**

An example of Social Fear would be the resistance to asking for what you want because of the fear of being rejected by the other person.

An example of Physical Fear would be the fear of heights or the fear you feel when you walk near a high cliff edge.

There is a hybrid of these when you feel a fear that another person intends to harm you physically. This is NOT the type of fear you explore with Inner Freedom. This is the type of fear where you “get the heck out of there”.

## ***The Preservation Zone***

### **Your Preservation zone – what is it?**

The preservation zone is not good or bad.

- Inside your preservation zone you are familiar with everything happening
- Inside your preservation zone you are familiar with your thoughts and feelings and actions
- Inside your preservation zone you know what to do because you have done it before
- Familiar / comfortable does NOT mean you like it or it is desirable: You may not like it but it is "comfortable".
- Outside the preservation zone is where you are growing; often that includes “growing pains”
- Outside the preservation zone is where you are trying new things; often this leads to messes and mistakes
- Outside the preservation zone is where you experience social risk. YIKES!

REMEMBER: Tasks are Safe – In the Industrial Control view of the world People are “Risky” because they are hard (or impossible) to control; this is why the Industrial Age taught us to be “task oriented”.

REMEMBER also: It only takes A LITTLE BIT OF FEAR for something to be outside your preservation zone.

## ***Explore the BIG Dream for Social FEAR and “The Pull”***

The Experience of “The Pull” – often referred to as Inner Resistance - is a natural consequence of playing BIG in the world.

### **What does it mean to play BIG in the world?**

“Playing BIG” means different things to different people. However there are some common characteristics.

- Express your talents - especially those that have become hidden (your Superpowers)
- Play to add value to the lives of others
- Challenge yourself to do something you have not done before
- Be assertive about who you are and what you want
- Stretch to expand the value you create for others

- Take action on the desires from your heart

**We have a theory:**

**When you play for a big dream, you experience “The Pull”.**

“The Pull” creates a disturbance – or even chaos - in your world. Here are a few examples:

- When you play BIGGER you are doing things you have never done before; Or they are similar but with more risk or more importance.
- When you push into the unknown, you often experience doubt and uncertainty. You have to face the risk that you may fail or be disappointed; or disappoint others.
- The human imperative to preserve what is, to feel safe, in control, in familiar terrain is a powerful force in our lives.
- Humans are pattern creation beings - everything we do more than a few times we create a pattern; we do this so that we can do it without "thinking" about it every time; examples include: driving home from a familiar place and brushing your teeth. You experience "chaos" when you don't have a pattern for something. You can't quickly make sense out of what you are seeing or doing.
- Often your beliefs about yourself don't fit in the bigger dream which creates inner chaos with who you know yourself to be.
- Often physical sensations (feelings) start to buzz in your body; This FEELS uncomfortable which creates inner conflict with the desire for comfort.
- Often the people in your life get uncomfortable because they don't like to see you change. (even if they often complain about the way you ARE!!)
- You have a strong desire to NOT disrupt your relationships (AKA Belonging). Often this is why people pull back from their big dream rather than experience a threat to belonging.
- When you play bigger there will be A LOT of activities that create "a little bit of fear"; A little bit of fear will STOP YOU almost every time.
- This program is ALL ABOUT how you PLAY with that fear.

The idea of Inner Freedom Method coaching is to:

- Embrace the Pull
- Honor the Pull
- ENJOY the Pull

Even though “The Pull” is challenging and even disorienting, it is what makes life so engaging and growth oriented.

The Pull is what Life Coaching is truly all about. You don’t get hired as a Life Coach by a person who wants to stay where they are doing what they are already doing.

**TRUTH!**

### ***The Practical Inner Freedom Method and the CoachVille Coaching Method***

Here is a quick summary to describe where Inner Freedom fits in the CoachVille Coaching Methodology in practical terms.

Whenever an individual is playing for a new Dream or a bigger dream, there will be some activities or situations that will present FEAR (aka inner conflict). There will be situations when your player is blocked, stuck or out of the flow; not able to perform the skills at their best or not getting the desired results.

This is also known as being “outside of your preservation zone”.

Here are some examples of where expanding Inner Freedom comes into play:

- When your player is avoiding a specific activity.
- When your player is uncomfortable in a specific situation and it is negatively affecting their performance
- When your player is taking actions but not getting the desired results;

To summarize the Play Life Method™ steps 6 through 9 in practical terms...

Step 6) **Expand Skills:** When your player knows what do to but does not know how to do it, this is a skill and practice issue.

Step 7) **Play Plan:** When your player does not know what to do, this is a play plan issue.

*Step 8) **Expand Inner Freedom:** When your player knows what to do, and knows how to do it and they are still NOT doing it, this is a lack of inner freedom (FEAR) issue.*

Step 9) **Expand World Power:** When your player is missing needed resources, or does not feel safe being fully themselves these are environmental design issues. (For example, your player needs to connect with potential prospects but there is nowhere they can find to meet them)

When your player takes actions but does not get the results even after practice, this is probably an Inner Freedom issue as well.

The Inner Freedom part of playing for a dream determines which actions your player takes and how they feel while they take the action which often determines the results.

Are they clear, confident, expressing themselves and fully present? Or are they nervous, holding back and distracted?

## **BIG OPPORTUNITY.**

### ***Inner Freedom vs. Self Help***

As a Life Coach, it is very likely that you have read a lot of self-help / personal development books; perhaps has many as 100 or more! You have likely attended a lot of workshops and seminars as well. Possibly it was these experiences that inspired you to become a Life Coach.

It is also quite possible that your players will have read many of these books as well; folks who read these type of books are typically the most open to hiring a Life Coach.

With this in mind I want to share with you a mindset to be on the “look out” for within your Self AND with your player that comes from reading a lot of these books.

I have mentioned it a few times now.

The premise is: **“There is something wrong with you. But don’t worry I can fix it.”**

I will share more about this in a few places in this book but here is the basic idea:

The Industrial School system is obsessed with testing, grading and ranking children. This dehumanizing process leaves almost every participant with an underlying sense that:

- They are not smart enough
- They are not good enough
- They are not worthy of good things
- They don't belong here
- There is something wrong with them

And that is just the tip of the iceberg.

Whether this is an unfortunate side effect or the actual purpose of Industrial School... that is a question for another book; although I will touch on it briefly in an upcoming chapter.

On a related note, many religious teachings are based on the premise that there is something wrong with us - or our human nature - which fills us with self-doubt.

Similarly, the constant assessing, ranking, firing, lay-offs or downsizing of employees by organizations also contributes to this nagging self-doubt.

The outcome of all of this is this:

A clever way to sell a lot of books is to start with the premise that there is something wrong with you; because this is what the reader already believes. AND sell them that the solution to the problem is in getting the right information; because this is also what the reader believes from Industrial School.

This is self-help marketing in a nutshell.

I know personally many of the authors of the bestselling books of this kind and most of them generally mean well. However, MOST of the time, reading the information in the book will not actually enable the reader to fix "the problem"; because, of course, no information can fix the damage done by Industrial Age trauma.

And then of course, failing to properly implement the information that was guaranteed to solve the problem, and seemed to work for so many other people, just adds to the growing self-doubt; and funnels them to the next book that will save them.

Why am I sharing this with you?

It is highly likely that you have a lot of these self-help ideas in your own mindset and beliefs. It is highly likely that your players do as well.

There are thousands of different versions of this type of belief or dictum

- You must banish negative thinking from your mind
- You must get your emotions under control
- Your brain has a negativity bias
- You have a procrastination problem
- You can use these 7 tips to stop worrying
- You have a gremlin in your mind giving you negative self-talk
- Your EGO is not allowing you to listen
- If you don't apply the good advice you receive it is your own fault if you fail
- You must crush your fear so you can crush your goals!
- You are a self-saboteur (I hate this one the most)

*I can tell you from experience that it is SUPER easy to blurt out ideas like this while you are in a coaching session.*

And it is super common to hear your players lamenting about failing to apply these things as well.

### **Together, we can uplift the narrative!**

First, start to notice when you think or say this type of thing. Remember to be judgment-free with yourself! And you can affirm that you are ready for a better approach.

You can do the same with your players.

The awesome thing about being in the Inner Freedom Class is that you are a coach AND a player. So you will have plenty of support in your quest to believe in the AWESOMENESS of your Human Nature!

With Inner Freedom (just a few examples):

- All thoughts are useful because we can learn from them using judgment-free awareness; banishing them is impossible anyway.
- Your emotions are a pathway to inner wisdom. You can learn from them.
- Your EGO is how you remember who you are; this is a very useful human ability.
- Not taking an action is almost always a form of self-preservation which is honorable; Except for EXTREME cases there is no self-sabotage
- It is wise to honor your fear! Attempting to crush an essential human quality, like fear, is not a good plan.

### ***A Few Inner Freedom Examples (2010)***

#### **How to find a Pivotal Moment**

1. Desired actions are known but avoided;  
OR Taking an action that seems counterproductive to your dream
2. Desired actions taken through great resistance
3. Desired actions are taken without desired results

**The BIG QUESTION to find resistance: What is happening or NOT happening?**

**1) You have a goal to reach out to 3 people per week to grow your connections.**

You set the time in your calendar to make calls, but when the time comes you don't do it. You find yourself in the kitchen cleaning dishes (common for those working from home); or reading emails; or on Facebook)

You can use the Inner Freedom Method to explore the Pivotal Moment of picking up the phone to dial it.

You notice thoughts about how the person won't have time to talk with you. Hint: this reveals the risk of reducing your social status. When you picture the scene you can see yourself "checking out" and making a move to avoid the call; to do something that feels safe.

When you feel into the energy you have a memory of a time as a child when you went over to visit a friend. The mom came to the door and told you that the friend didn't want to play with you today. The backstory was that the friend had a recurring illness at that time.

\*\*\*

## **2) You want to lose 10 pounds**

You want to lose 10 pounds so you have more confidence in making presentations; you have had this goal for a long time. Yet, often you find yourself sitting in front of the TV eating potato chips.

You can use the Inner Freedom Method to explore the Pivotal Moment when you pick up the bag of chips and head for the couch.

You notice thoughts that reveal that you feel kind of lonely.

Feeling into it brings up a memory pop of when you used to sit on the couch with your sister eating chips while watching TV; it brings up a feeling of belonging.

\*\*\*

## **3) You want to be a successful business person**

You want to be a successful business person, yet you often make decisions that seem counterproductive?

You can use the Inner Freedom Method to explore the Pivotal Moment of a recent situation where you gave up very easily while facing a challenge.

Exploring the moment reveals that you have some apathetic thoughts about success.

Feeling into it brings up a memory pop of when you were young playing games with your little sister. One time when you won the game she cried and ran to mom. Your mom yells at you and tells you not to win all the time. So sometimes you would make mistakes in the game on purpose to let your sister win.

There seems to be a connection between staying in the good graces of you mom and NOT being too ambitious.

\*\*\*

## **4) You want to be a great relationship**

You want to be a great relationship with a loving partner. But every time you are in a relationship you end up feeling ignored.

You can use the Inner Freedom Method to explore the Pivotal Moment of being assertive and asking someone for what you need; or speaking your truth.

Exploring the moment you notice a lot of thoughts about the possible negative consequences of asking; being worried about how the other person will feel.

Feeling into the energy reveals a memory of your parent getting really upset when you asked for something. The backstory is that there was a period of financial hardship within the family for a number of years when you were young.

\*\*\*

## **5) You are playing for Financial Freedom**

You aim to save \$500 per month but instead you often buy things that are not essential - why did you buy it?

You can use the Inner Freedom Method to explore the Pivotal Moment of walking up to the checkout counter with the item in your hand; OR seeing the item in your online shopping cart and clicking the “buy now” button.

Exploring the moment reveals mixed thoughts about wanting to buy it but knowing you don't need it.

Feeling into the energy a memory pops up of being in a store with your mom. You remember feeling seen and loved when she bought something for you.

\*\*\*

## **BIG POINT: Just a little bit of social fear of not belonging will divert you!**

When we set out to play for our BIG Dreams, there will be new actions that you need to start doing. Often there will also be common actions for you that you need to STOP doing.

Both stopping and starting can be outside of your current preservation zone. So many of our actions can be stopped by the risk of not belonging to someone or something; so many of our actions are difficult to stop because they create a feeling of belonging to someone or something.

In these situations we often move toward actions where we have 100% certainty and no fear; such as walking, email, cleaning, getting coffee, eating, watching television, scrolling through social media, etc.

### ***Playing with Energy (2010)***

We will get deep into playing with energy in this program. Throughout the program we will explore the Energy Alignment Game.

While there are many things going on in a person that a player and coach can be aware of, to get started we will focus on these:

**Thoughts** - sometimes referred to as self-talk

**Beliefs** - patterns of thought about who we are, what is possible, what we should or shouldn't do

**Values** - what is important to us OR what we think SHOULD be important to us

**Feelings** - physical sensations in the body, typically we notice feelings of discomfort; and often we don't notice physical feelings of joy.

**Emotions** - fear, anger, joy, sadness, excitement

**Actions** - what you do, what you create, how you interact

**Choices** - The process of moving into action, how we move into action or DON'T move; choices mostly occur at a non-conscious level

**Decisions** – A logical process of weighing pros and cons about taking a particular action or NOT

The purpose of Energy Awareness...  
Inner Freedom.

The superconductive state of inner freedom is an experience that is sometimes difficult to describe. Here are a few phrases that express it.

- Responding powerfully in the moment
- Taking effective action with creativity and self-expression
- Getting the desired results from the actions taken
- Knowing what to say and do with confidence and without hesitation
- Tapping into your wisdom, intuition, logic and experience to make the best possible choices

## *Scenarios for weaving the Inner Freedom Method into your Coaching / Business*

### **Use it when FEAR comes up**

A typical coaching scenario is where you are coaching your player in pursuit of their Dream and when they begin to struggle with a certain important action or result you would begin using the Inner Freedom Method with them.

### **Offer it as a Series**

Another scenario is where they come to you as a Life Coach BECAUSE they are frustrated in their pursuit of the Dream. In this case you will get right into the Inner Freedom METHOD. But before you do that you MUST understand the Dream they are playing for and get the big picture.

I know several coaches who offer the Inner Freedom Series as a distinct offering in their business model.

Some coach 12 straight weeks in a 3-month package.

Some coach 3 sessions per month in a 4-month package.

### **How to learn it**

The best way to learn it is by coaching the 12-Session series with a number of players; 10 is a great goal to play for.

### **Make it “your own”**

Coaching is a craft. As a craftsperson you are always accumulating new techniques to enhance and expand how you practice your craft.

Once you master all the steps of this method you can weave it into what you are doing in parts or using the whole method when needed.

## *Class #01 Prep*

We will explore a few of these questions in class...

*Question: who can share about an exploratory session?*

*What happened when you asked people about their BIG dreams?*

*Question: What is your BIG Dream call to adventure out into the world and describe some of the fears coming along on the ride?*

*\*\* Practice: When your colleagues share about their fears... DON'T attempt to fix it. Allow people to share. This is the essence of a safe space. Not judged or fixed. What might seem easy to you can be a BIG fear for them.*

*Question: Your fears are a treasure map to your superpowers. The thing you fear the most is expressing your UNIQUE power. What does this mean to you?*

*Question: What does Play With Social Fear mean to you?*

## Chapter #02 – Pivotal Moments and Judgment-Free Awareness

*“Lights out tonight, trouble in the heartland  
Got a head-on collision smashin' in my guts, man  
I'm caught in a crossfire that I don't understand*

*Talk about a dream, try to make it real  
You wake up in the night with a fear so real  
You spend your life waiting for a moment that just don't come  
Well, don't waste your time waiting*

*Badlands, you gotta live it everyday  
Let the broken hearts stand as the price you've gotta pay  
We'll keep pushin' till it's understood  
And these badlands start treating us good”*

*- Bruce Springsteen  
“Badlands”*

## *Chapter #02 Prep*

### **Before Class**

[Read through the complete coaching guide for Session 2](#) (Page 14)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 2](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 2](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 2. Here is the outline:**

### *Coaching Notes for Session #02*

In session #2 we get into the Inner Freedom Method. In the exploratory and Session 1 we were setting vision for the adventure. Now the adventure begins.

In the first few sessions we will use Inner Freedom Steps 1,2,3,4,8,9.

This “short version” of the Inner Freedom Method is called the Pivotal Moment Technique.

We use this in all of our coach training programs now!

It wasn't always this way. Over time I figured out that the short version of the method could be done fairly quickly with practice. AND it was such a great technique for so many situations that I wove it into all of the other programs.

So... if you have done any of our other programs in 2020 or beyond, some of this will be familiar to you.

#### **STRUCTURE**

Just another quick reminder: that the structure of the sessions will utilize the Plan-Play-Grow technique. If you are familiar with this it will help you ease into the flow of it with your players. Again, a little structure – like knowing that every session you will ask about their dream; and every session you will ask them to celebrate – will accelerate your player feeling that this is a safe space to explore and share and be vulnerable.

#### **Pivotal Moments and The Coaching Plan Section**

Within a few sessions your player will usually come to the coaching session with a pivotal moment that they want to explore. But in the first 3,4,5 sessions you will need to help them see the pivotal moments. This is the purpose of the inquiries in the COACHING PLAN section.

It can be alluring to go deep into some of these questions but this is not yet the time for deep dives. It is up to you to keep the conversation moving while making notes about the pivotal moments that you are observing.

THEN you give the player a little menu of options and let them choose which one to explore.

### **Quick understanding of #1 Preplay the Pivotal Moment**

Preplay or Replay?

It really doesn't matter. When I first created this method it was always a replay from the recent past. But now my experience is some players have an easier time in the beginning with a preplay of a future moment.

If the player has a CLEAR moment from the past week where they experienced resistance, that can be a good place to start. But even then if they want to preplay taking that action in the near future it will work just fine.

### **Quick understanding of #2 Review Reactions with JFA**

The key here is to listen and be judgment free as the player shares the thoughts.

AND don't deep dive or ask any follow up questions about them. Just listen.

You don't want this part to go on too long. You just want to create a safe space for the player to share what is on their mind... AND for the player to notice that they have a lot going through their mind that they didn't notice before.

### **Quick understanding of #3 Feel the Energy in the Body**

Follow the GUIDE!!!

I don't recommend improvising on this the first bunch of times you do it; but especially this step. The sequence really matters here.

Also, read the guide outloud a bunch of times so that you are comfortable with the flow of all the A/B sections where you choose a direction based on what is happening with the player.

It is all spelled out in the Guide... BUT don't try to read it for the first time while doing it!

For example, read it through with the situation that the player does NOT notice a physical sensation.

Read it through with the situation that they DO notice one.

Make sure you understand how to jump around as the session unfolds.

### **About Feeling**

A LOT of people have no experience at all with body awareness. So they may not be able to notice a physical sensation the first few times.

The MOST important thing for you is to not put out the energy that something is wrong. Stay calm and affirming all the time, every time.

If you get a little unsure because they are not feeling anything, they will feel that and it will hold them back.

The key to feeling energy in the body is to feel safe with the coach first.

It is up to you to create the vibration of safety for them.

### **Quick understanding of #4 Scan for Body Beliefs**

This is all about giving your player an opportunity to give voice to the resistance that they are experiencing. It is super powerful.

Here you are the witness first. And sometimes also the wordsmith if they need help putting it all into words.

### **Quick understanding of #8 Make your Mind the Ally of your Dreams (respond)**

The point of this step is for your player to experience that their mind can think thoughts of preservation (typically reacting to a situation) AND / OR they can think thoughts for their dream.

When the body feels safe, the mind is capable of extraordinary thoughts.

For many people this is a huge awakening; because it's been a really long time since they "felt safe" in their body. It's fun.

Here you may need to help your player choose words for their dream.

### **Quick review of #9 Preplay the Pivotal Moment with your Hearts Intention (co-create)**

Now using their imagination they preplay the scene in the vibration of their hearts intention.

This is usually really fun and illuminating for the player.

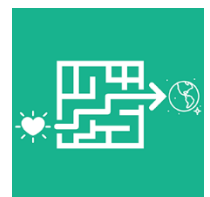
VERY often – but not always – they will just do the activity with ease in the days after the session.

## **Coaching Notes Playsheet**

It is important to write a few notes on the Coaching Notes Playsheet. Trust me! Do this during or after every session. You will so happy to flip through these pages during and at the end of the engagement.

### ***Inner Freedom Method Step #1: P/Replay the Pivotal Moment***

Inner Resistance occurs when an individual has two energies that are pulling in different directions. One example is the desire to take a certain action or get a specific result and the pulling energy could be the desire to avoid activities that are outside of the preservation zone and bring up physical sensations of fear. Or there could be a non-conscious belief (AKA body belief) that it is dangerous to be too successful and that energy is pulling against actions that will create positive results.



Often these key activities and situations will come up naturally in the first part of the session while talking about the dream, actions, challenges and results with your player. However, sometimes you will have to use your coaching intuition to identify and talk about where your player is avoiding something important.

Often these situations are described as procrastination or being too busy. But this is Industrial Age NONSENSE! Your player is never too busy to do the most important activities that lead to playing BIG for their Dream - when there is no action there is a pulling energy somewhere.

**Remember: immersing in busy work is  
a natural response to discomfort  
and social fear.**

There are an infinite number of potential pulling energies for an individual; however there are several patterns that you will see often as a coach. This method will help you to see these patterns.

The KEY to doing this well is to hone in on a specific moment / a specific action

- You can do this with a specific moment from the recent past.
- You can do this with a typical moment for the near future
- This is a powerful visualization technique when the moment is very specific; when the moment is fuzzy, the visualization won't illuminate much.
- By visualizing you can slow down the moment so that you can explore the thoughts and feelings that are a blur in the actual moment.
- You replay the moment to expand awareness of all of the energies that affect the player's choices and actions.

## **The Power of the Imagination**

In Step #1 you ask the player to use their imagination to put themselves in the scene and see themselves taking action; or avoiding taking action.

When your player is "in the scene" in their imagination they will experience the same inner experiences as if it was actually happening.

The Inner Freedom Method makes ample use of the amazing power of Human Imagination! In my view the ability to imagine yourself in a scene or situation taking action and simultaneously notice the thoughts going through your mind and the physical sensations pulsing through your body is a BIG WOW!

When you imagine yourself in a scene your thoughts and body respond as if it was really happening! Except that in your imagination you can fast forward or rewind or slow down just as if you were watching it on a video. It's quite amazing.

This should be considered another Human Superpower and by doing Inner Freedom you develop the ability to use this power for good!

This leads me to an important point about coaching.

## **This is a way to Practice Life together**

The essence of coaching is practicing together to play better. In activities like singing or basketball it is easy to understand how to play together. In life it isn't so straight forward, but it is VERY possible.

In the Inner Freedom Method you will make use of three powerful ways to play together:

- Co-creative conversations

- Active imagination
- Role playing conversations

We practice with our players using these “ways” in every CoachVille coaching program. In the Inner Freedom Method you will experience the profound power of Active Imagination; hopefully it will become an active part of your life while playing and coaching.

## The Action Layer

On the Model for the Inner Freedom Method you can see that Step #1 connects with Step #9 in what is called the “Action Layer”.

Each layer has an important transformational shift that is available to your player as you move through the steps of the Method.

In the Action Layer the shift is:

**Out of** Control

**Into** Co-create

This is a really BIG shift for all of us indoctrinated into the Industrial Culture of Hierarchical Control.

It’s called the Action Layer because these are the steps where the player is focused on the action in the world; even though it is all happening in the player’s imagination, it is all about the action.

When you enter into Step #1 there is typically some kind of resistance or upset about the action or the results.

By the time you and your player get to Step #9 their body will feel safe and their mind will be open and it will be easy for them to imagine a scene where they are in action in a whole new way; trusting life, trusting themselves, trusting their playfulness and trusting their power.

I call this Co-Creating with life.

AND often in the scene the 2<sup>nd</sup> time around the player can see themselves co-creating WITH the other people in the scene rather than attempting to control them.

This is how Inner Freedom very often quickly translates to Freedom in the World.

## *Inner Freedom Method Step #2: Review Reactions with Judgment-free Awareness*

### **Notice your thoughts with judgment-free awareness**

After you have your player create the scene and imagine themselves in the action they are replaying or pre-playing, you ask them to notice their thoughts with judgment-free awareness 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 Pivotal moment. This is where you both get clues about why it is so challenging to take the action or co-create the desired result.



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.

### **Common Judgments**

Something is wrong with me because...

- I have negative thoughts
- I didn't do something I wanted to do
- I am not getting the results I wanted
- I keep revisiting the same issues in every workshop I do
- I keep making the same mistakes
- I can't get out of my own way
- I am a known procrastinator

### **Inner Freedom Framework**

All thoughts, feelings and actions serve a purpose

Every pattern within our inner being has a purpose; there was wisdom that was appropriate in the moment the pattern started

AND that pattern may now pull against the new intention to play BIG for our dream.

### **Judgment-free Awareness & PLAY!**

- Concept first made popular by Timothy Galway in the "Inner Game of Tennis"; his concept is that there is an inner doer and an inner executive. The inner doer is doing their best all the time; the inner executive thinks you SHOULD be able to do everything perfectly every time and is constantly judging every action. My view on this is that this Inner Executive was absorbed from the Industrial Culture (starting with being tested as a child in school); it is NOT a part of the Pre-Industrial human experience.
- We learn to judge ourselves by being judged by others! Since we were judged A LOT in the Industrial Culture it is as if there is a chorus of judges within us that are demanding perfection.
- Being judgment-free is accepting and welcoming what is; even when you have a different picture in your imagination of how you want it to be.
- When we do something new we usually have a vision of how we want to be able to do it; but we can't do it that way without a lot of practice. By being curious as we play we can take actions AND move toward our vision at the same time; AND we can enjoy the experience of getting better at something RATHER than the Industrial Age frustration of not being perfect from the first attempt.

### **The Thought Layer**

On the Model for the Inner Freedom Method you can see that Step #2 connects with Step #8 in what is called the "Thought Layer".

Each layer has an important transformational shift that is available to your player as you move through the steps of the Method.

In the Thought Layer the shift is:

**Out of** React

**Into** Respond

This is a powerfully important shift because you develop the ability to influence your own mind (notice I didn't say control!)! I know this sounds strange.

In Step #2 you notice the thoughts in your mind; typically these thoughts are what we call Reactive. They are thoughts about why you shouldn't do the action you want to do; or thoughts about why the results probably won't turn out as planned.

In this state we experience very little influence over our own thoughts. It is like they are on auto-pilot which is pretty accurate.

When our body does NOT feel socially safe; our mind gets full of thoughts generated by the Social Safety Instinct. (Remember this from the Human Journey?) It is an epically powerful force and it will dominate your mind with thoughts that "talk you out of" taking the action; OR actively disrupt the action in progress.

Social FEAR is so powerful. The important thing for personal growth is to HONOR this fear; and honor the Social Safety Instinct; and honor the feeling within the Preservation Zone.

BUT... the story does not need to end there! (Although for most people it does)

By diving into Steps #3 where we feel the energy in the body and Step #4 where we give voice to the Body Belief / Social Safety Instinct, in the presence of another person who is creating belonging and a safe social space, something MAGICAL happens...

Your mind opens up to new possibilities!

When your mind is open you are able to intentionally THINK of new ways to respond to the situation; or new ways to approach the action.

In this state you can influence your thoughts to focus on how your DREAM would like you to approach this action. You realize that when you feel safe, your imaginative mind is capable of SOO creativity and resourcefulness. You may also notice that you feel socially safe a shockingly small amount of the time; this is a conversation for another time.

It is this transformational shift in the Thought Layer that activates the transformational shift in the Action Layer.

SOOO GOOD!

***It is good to know a LITTLE bit about the "Mind" {2010}***

This will help you to have perspective while coaching and while playing BIG

**A) The Mind is a powerful thing!**

Conscious Mind – Social Brain - Non-conscious – Super-Mind Connection

Think Iceberg - conscious above the water line (10%) – Non-conscious below the water line (90%)

Your Brain is your conscious mind = Thinking + reasoning

Your Social Brain = Operates non-consciously observing all humans around you at all times to assess belonging, status and danger; it will push thoughts into your conscious mind when alarmed.

Your Body is your non-conscious mind = Intuition + Inner Knowing

Your Brain and Body are like a “radio receiver” for input from the Super-Mind

**B) Most important: The imperative to survive (Play Safe) + The desire to contribute (Play BIG)**

These powerful forces within us are almost always in conflict. So... we must learn to be at ease with this conflict so we can choose in each moment what is best.

This “conflict” can be experienced as either a fight or a dance.

**C) Enjoys fantasy, delusion and magical thinking**

we love: movies, novels, stories

**D) Prone to suffering**

Byron Katie: all suffering is an argument with reality

**E) We ARE Light AND Shadow // NOT good or bad**

Some thoughts reveal the light. Some thoughts reveal the shadow.

***If the player doesn't feel anything (What to do)***

Even though we will get to Step #3 Feel the energy in detail in the next chapter, I need to share a few ideas about this with you here because you will do Step #3 with the player in this session.

A quick point here is that up until a few years ago the entire Inner Freedom Method was predicated on the player feeling energy in their body. If they didn't feel anything the coach was stumped.

This was not good!

So that is why you see in the Coaching Guide all of the places where it says in **RED: {if the player feels energy do this; if they don't feel the energy do that}**.

I had to do this to account for the very real possibility that the first few times you do the method with a new player that they won't be able to detect any sensations in their body when you ask them to do the body scan.

This makes the coaching guides way more clunky to read and follow! But it also makes the experience available to many more people and many more situations. So it's better. But it requires more preparation for your part as the Coach.

This will happen fairly often because a LOT of people have become numb to the emotional signals in their physical body. This is another side-effect of the dehumanizing and traumatizing Industrial Control Culture. It really is sooo bad how we treat each other; often as if someone was not important; or as if their feelings don't matter. Even though many of these things have become "normal" in Industrial Culture they are NOT NORMAL to our Human Nature. And if you are a sensitive person – which many of us are – it is absolutely intolerable and you shut down your capacity to feel out of self-defense.

Another common scenario is with folks who are logically oriented and tend to be more "heady" than body aware. Getting these folks to trust that they CAN feel, it is SAFE to feel and it is VALUABLE to feel, will take a few sessions.

### **MOST PEOPLE can feel energy in their body!**

But it may require a lot of judgment-free trust and safe space before they feel comfortable enough to allow themselves to feel in your presence AND to share what they are feeling.

When we talk about feeling, we are talking about physical sensations in the physical body. Sometimes we use the word feeling to describe emotions or descriptions of emotions: like I feel angry. But when we talk about feel, we mean FEEL. As in: I feel a buzzing sensation in my solar plexus.

And it has come to light recently that some types of Neurodivergence make it difficult to access the feeling of emotional energy in the body. My experience has been that you're your judgment free presence they can find their own way into the feeling experience.

A few of these points I wrote in the Coaching Notes for the session but I want to explain them a bit here.

#### **Be Prepared for the "Don't feel anything" path**

Read through the coaching guide a bunch of times. And practice the path through the session where you do the body scan with the player and they don't notice any sensations. You want to be very comfortable with this version of the method so that you can present the vibration to the player that this is totally normal.

When they understand that you can do the method with them no matter what happens, this will help them feel safe.

The method definitely produces bigger breakthroughs when the player can feel the energy; and even bigger breakthroughs when they have Memory Pops during or after feeling. However, even if they don't feel a sensation, the method will still lead to greater freedom.

After a few sessions, that greater freedom will eventually accumulate into the capacity to feel again OR they will find a pathway into the feeling experience. This in and of itself will be a huge transformation for the player!

#### **Judgment-free Safe Space really is the thing**

I just want to stress this one more time. The more YOU feel comfortable with feeling energy and with exploring and talking about all kinds of life situations – even trouble and trauma – the easier it will be for your player to feel physical sensations.

Inner Freedom is a co-created experience. The social safety that you provide is so valuable and amazing that it is really hard to put into big enough words.

I share this with you to encourage you to keep expanding your capacity to feel and deeply listen and stay judgment-free in your presence. All of this will speed up the process for your player to feel energy and talk about it.

At the same time, I encourage you to step into the enormous value that you are creating by expanding these capacities and using them in Inner Freedom Method Life Coaching.

**Speaking for the Humans of the world yearning to be truly FREE:  
THANK YOU!!**

### ***The Power of 1,2,3,4,8,9 - the “quick” version of Inner Freedom***

I mentioned this in the Coaching Notes section but I want to say one more quick thing about it. The “short version” of the Inner Freedom Method where you skip steps 6 and 7 is also known as the Pivotal Moment Technique. It is woven throughout our coach training programs.

In the first few sessions with your player we also skip Step #5.

The purpose of this is to allow you and your player to build both trust in each other and also trust in the flow of the Method. Then we can go deeper by delving into the Supermind Layer (also the Superpower Layer) in steps 5,6 and 7.

In the earlier versions of the Inner Freedom Method we were diving straight into the deep inquiries of these steps and often the player just wasn't ready to go there.

There is a capability set to the 3 transformations:

Control -> Co-Create (the Action Layer) – The capacity to activate the imagination

React -> Respond (the Thought Layer) – The capacity to think for your dream

Resist -> Allow (the Feeling Layer) – The capacity to FEEL energy in the body

This version focuses on building confidence in these three capacities. These are the capacities that are needed to explore “the Treasure Map” to recover their Superpowers AND align their energy with their dream.

Even these few weeks are like a big adventure for most players, you can think of this part of the series as basic training at base camp before setting out into the REAL unknown world.

The other important part about this is that with practice you can do these steps – even with a new player – in just a few minutes. This can become a standard part of just about any coaching session you do in the future.

### ***Expand Awareness (2010)***

#### **Why is Expanding Awareness Important?**

- Because we don't see our own patterns - once something becomes a pattern the nonconscious takes over and you don't see it anymore
- Proficiency: Reveal the player to themselves

- Framework: Awareness is unifying

### **What do you want to expand awareness of?**

- Patterns!!!!
- Blind Spots
- Out of comfort Zone activities
- Hearts desires
- New Possibilities
- "Reality"
- Physical sensations "feelings"
- Thoughts
- Recurring Actions

### **Review Inner Resistance Clues**

- 1) actions not taken / avoided
- 2) actions taken by “Powering through”
- 3) actions taken with poor results

### ***Pivotal Moments and the Basketball Coach metaphor***

I shared about this idea in the Player Prep audio using the example of a basketball coach observing their team play in a game.

I used basketball only because I think more people are familiar with it than my main sport, which is soccer. I have played soccer since I was 12 and was assistant coach for a top University Team for 14 years.

The reason I am sharing this example from athletics is because I really want Life Coaching to stay true to the roots of coaching which are from athletics and performance arts: coaches help players play better.

Here is something we can learn from this perspective.

### **Athletic Coaching**

As an athletic coach, you observe your players in the game.

After the game, we have a debrief with the coaching staff and choose the pivotal moments from the game that we want to use as “teaching moments” in the next practice session.

Then we craft exercises and situations to play with in practice so that our players are more prepared to thrive in similar situations in the next game.

Voila! Athletic Coaching.

## Life Coaching

So how do we replicate that fun and effective flow in what we do as Life Coaches?

The end part we have! The Inner Freedom Method is a great way to play with situations and develop new ways to play better; especially when we add in the Role Play technique!

The only question is how do we find the Pivotal Moments, because we don't get to watch the players in the game; unless they are doing something via video that we can watch.

In Life Coaching there are two ways we approach this.

- 1) Teach the players how to observe their own Pivotal Moments. This is the purpose of the Player Prep Audio.
- 2) Develop a way of debriefing with the player what happened since the last coaching session to co-create awareness of Pivotal Moments. This is the purpose of the **Coaching Plan** section at the start of each session.

*Voila! Life Coaching.*

### *Using the Play Plan Sheets ~ to spark awareness of Pivotal Moments*

Speaking of your player developing awareness of Pivotal Moments, let's talk about the Play Plan Playsheets for a moment.

Are you using them to play plan YOUR week of play?

Are you encouraging your players to use them to play their week?

The purpose of these sheets is to create a visual cue to remind them (AND YOU) to put some PLAY in their DAY; to put at least some energy every day into Relate, Create, Explore and Experiment.

We don't have pivotal moments when we are completing tasks where we know exactly what will happen.

We only have Pivotal Moments – AKA Coach-Able Moments – when we play for something that we cannot control but we can influence.

It's up to you as the coach to let your player know that you care about them playing.

Find a way to stay connected to your players in between coaching sessions. It's not practical for you to actually observe them playing. BUT... they can feel your presence in their lives.

Ask your players to message you when they notice a pivotal moment; and when they have a playful moment to celebrate.

You can ask your player to fill out their playsheet and then send you a photo of it. I actually just thought of that one right now and I am going to start doing that with my players. ;-)

Remember that the lifelong habit, since Industrial School, is to sit in isolation completing tasks. So that way of living has a tremendous pull; plus it is VERY SAFE.

For those in corporate life there are lists of tasks and boring meetings where people report in on their tasks; or make more lists of tasks; again staying locked in the Preservation Zone.

You are their Champion of Dreams.

You are their living example of co-creation.

**So it is up to you to be their “Beacon of Play”!**

**YOU GOT THIS!!!**

### ***Class #02 Prep***

We will explore a few of these questions in class.

*Question: who can share about a Session #1 (or an Exploratory Session) with a player?*

*Question: What happened when you explored the FEAR and FEAR Adjacent experiences such as frustration, isolation and overwhelm in Session 1 with your players?*

***BIG Picture = Coaching is about playing together... The #1 skill of advanced coaching is finding pivotal moments to play with together***

*Question: What is your example of a Pivotal Moment? A BIG MOVE that you are avoiding?*

*Question: What do you do when you are avoiding your BIG MOVE?*

***Everyone needs to get clear on this: One pivotal moment that you want to play with today with your coaching partner.***

## Chapter #03 – Feel the Energy and Body Beliefs

*“Your body is your subconscious mind.”*

*-Candace Pert*

*“It is nothing short of a miracle that the modern methods of instruction have not yet entirely strangled the holy curiosity of inquiry; for this delicate plant, aside from stimulation, stands mainly in need of freedom; without this it goes to wreck and ruin without fail. It is a very grave mistake to think that the enjoyment of seeing and searching can be promoted by means of coercion and sense of duty.”*

*-Albert Einstein*

## **Chapter #03 Prep**

### **Before Class**

[Read through the complete coaching guide for Session 3](#) (Page 22)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 3.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 3](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 3. Here is the outline:**

### ***Coaching Notes for Session #03- Feel the Energy & Body Beliefs***

The Coaching Guide for Session #3 is the same as for Session #2.

The only little difference is that you don't explain to the player again about what the preplay / replay is all about. They get it now.

#### **A note about coaching in class**

In class we have less time to practice than you will usually have with your players. So to accelerate the process we have you skip the COACHING PLAN section except for asking your player to share their dream. It is good to do this every week!

It is great if you can catch up with your partner in between sessions so that you are up to date on what is happening with their dream. This can be done via email as well.

**BE PREPARED!**

The other super important thing is to come to class prepared with a Pivotal Moment that you want to practice with your coach. We skip the Coaching Plan section of the Coaching Guide so we can get straight into the Inner Freedom steps. But the Coaching Plan part is where we hone in on the Pivotal Moment to practice. Since we skip this part, you have to come to class prepared.

It can be the most important moment from your past week! Or it can be any pivotal moment that would be fun to practice.

**YOU CHOOSE!**

Just do not come to class, get into the dyad and say to your partner: "I don't really have a Pivotal Moment this week". AAARRRRRRRGGGGGGGGHHHHH! Please don't do that.

#### **Step #3**

While you are doing this step it is important for you to slow down a bit; your aim is to be a calm and STRONG presence. You want them to feel you with them.

That is the absolute key to this exercise. Inner Freedom is NOT a solo exercise. It is a co-created experience.

The Shape, color and temperature...

the purpose of this is to get your player “into” their body; and it is really effective. The actual content of what they share does not have any special meaning.

It is very nurturing when you say it back to them... “OK just allow yourself to feel this cold grey swirly blob in your chest”

You don’t need to set a timer on your watch for 30 seconds! (even though you say that you will time them)

Approximately 30 seconds is good enough.

Truth is for me as a coach... it’s usually closer to a minute. Hah! Who’s counting?

### **Did anything come up for you?**

Often your player will have memories pop up while doing this exercise. In the first few times we just listen and don’t go into the details. We WILL go into the details starting in the next session.

The point here is for your player to feel comfortable sharing with you; knowing that you are not judging what comes up when they speak freely.

### **Step 4**

This step is very simple but VERY powerful.

Giving your player the safe space to “give voice” to something they are experiencing at a non-conscious level is truly special.

As your player does this every session they will start to notice the patterns AND be aware that they can CHOOSE how to honor these beliefs without being held back by them.

It’s awesome.

## **Coaching Notes Playsheet**

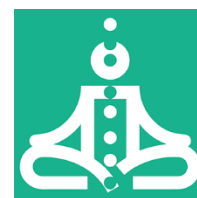
YES! Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

As a side note: You will notice that the Coaching Notes sheets follow the flow of the Coaching Guide. After you do each session a few times, you will be able to coach the entire session just by using the Coaching Notes Sheet.

### ***Inner Freedom Method Step #03: Feel the Energy in the Body***

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

- The exercise is remarkably simple and extremely powerful.
- The simple explanation is that they will shift from resisting the uncomfortable physical sensation to simply "allowing" it to be there.



- Somatic (of the body) – is a fully accepted part of coaching. Have no fear that this is “therapy” because you are talking about physical sensations, feelings and emotions. These are all aspects of the Human Experience that we are all free to explore and capable of exploring.
- There are many nuances to the technique that make it effective. I am not going to try to explain all them in this playbook; that would be a much different book. Just know that this knowledge is embedded in the Coaching Guide; when you follow the Guide... it works. Sort of like using a calculator for math; you don’t need to know how the electronics inside the thing produces the arithmetic; it just works.
- For MANY people this will be the first time they attempted to focus on the "uncomfortable" physical feeling related to an emotional experience; rather than the natural response which is to ignore, 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.
- When you ask your player to scan their body for sensations; or when you ask them to feel the energy for 30 seconds, TALKING IS A COMMON DIVERSION. While you are guiding them into the body experience it is important that you NOT get lost in the questions or get into long conversations about it. Stay focused on getting them to FEEL.
- Remember: Your player has most likely been avoiding feeling in this way for most of their lives so this will seem pretty scary; common avoidance techniques will come up.
- The pivotal moment we are playing with is a social situation; the physical sensations are connected to social fears; this is why it is so important that your coaching presence creates “Social Safety”; Your presence, persistence and encouragement co-create a safe space of Belonging which balances the social fear and makes it possible for the player to PLAY with what they are experiencing.
- Often your player will have several different sensations. Ask them to choose the one that is most intense.
- Often while they are feeling the sensation it will dissipate or disappear. These are both natural occurrences but NOT the objective of the exercise. The objective is the experience of feeling -whether the sensation stays or goes does not really matter.
- Often while they are feeling the sensation it will "move" to another part of the body. Track it. Do the same exercise on the feeling in the new location.
- When you ask your player if “anything came up for them”, the important thing is to provide a calm judgment-free listening presence. In the first few times you don’t really explore what they share; the point is build up trust for the player to feel safe feeling and sharing.

## **It takes 2: The Power of Safe Space and Belonging**

I will share this point several times because it is so important. The Inner Freedom Method is a coaching method; it is not a self-help method. It is the co-creation, the going on the inner adventure together, that makes it so magical, transformational and effective.

As I mentioned above: your presence while guiding that creates the safe space of belonging is what makes it possible for the player to PLAY with their inner experiences. You can't play if you don't feel safe. And it is very difficult to feel safe while exploring a social fear while you are alone. Social safety – AKA Belonging – is what makes it work.

## The Feeling Layer

The feeling layer is the Heart of the Inner Freedom Method! While all of the different steps are powerful in their own way, the turning point, or the pivot point is feeling the energy.

The the BIG key here, as I will say many times, is that your guiding presence and the safe space of belonging that you co-create is what makes this a powerful – even magical – experience.

As you will experience as a player and as a coach, when we feel safe with another person AND within our body, everything changes.

**Out of Resist**

**Into Allow**

This is the centerpiece transformation that leads to Inner Freedom.

When we shift from resisting the feeling of the physical sensation to allowing it to be there, in the company of a trusted guide, this creates a feeling of safety within the body.

When the body feels safe... the mind opens up to new possibilities.

When we allow the feeling, we can also allow the action.

When the mind opens up, the imagination activates.

With our imagination we can create a “Feels Good” vision of the experiences that our Heart desires for our dream.

When our imagination sees it and feels it, then it is much easier to take action in the world. Essentially, this is practicing life to build the confidence and capability to play life.

The important thing here is that even if the experience in life turns out differently than in practice – which it usually does – our co-creative playfulness and resourcefulness will lead to a favorable experience.

***Voila! Life Coaching.***

Hah! I just like saying that now ;-)

## Inner Freedom Method Step #04: Scan for Body Beliefs

This step was not part of the original Inner Freedom Method. I still remember the coaching session where I was doing step #3 with a player exploring what came up for them while feeling the energy, when I suddenly just said: “fill in the blank... it's not safe for me to:” It just happened. My player had such a huge awareness and I knew I had stumbled upon a major upgrade to the method. At the same time I was thinking: “oh crap, now I



need to rework this whole thing to fit this in”. Hah! Such is the life of a coaching method creator.

Anyway... I love this part of the method now. It is so simple but so important because it creates the clear contrast between the Social Safety Instinct and The Dream (in Step #8).

I will reiterate here from the Player description of this step that the key is to not force the words or “think” the words; but rather to allow the words to come up. Just like Step #3 is all about just allowing the energy to be there; and allowing yourself to feel it.

Your role in this part of the method is to be first the listener and then the co-creator; and sometimes even wordsmith playing together with the words.

Your player may come up with a few different phrases! It is amazing that when you give the non-conscious mind a voice for a few moments... it has a lot it wants to say!

The important thing is for the player to have a phrase that really captures the feeling for them. It does not need to be pithy or perfect. Just good enough.

Sometimes you may need to be the one to notice which phrase captures the feeling the best.

You are looking for a power pattern; a phrase that captures the essence of the experience. When they say it you both will FEEL it.

### *Overwhelm ~ I don't know ~ Knowing is in the body*

While we are on the subject of feeling in the body I want to share with you a little pattern that I picked up on during my years of coaching.

That is to notice when you ask your player a question and they answer: “I don't know”.

This is a curious answer because most questions that we ask in a coaching session don't have “correct” answers! They are an opening for sharing or exploring.

The concept of knowing is quite interesting.

I often say that we think with our conscious mind and we KNOW with our body.

As in:

- I know in my heart...
- I know in my gut...
- I just know it is the right thing to do...

All of these common phrases point to knowing as an inner experience rather than a logical thinking experience.

So when someone answers: “I don't know”, what they are really saying is: “I am not connected to my inner experience / my inner knowing right now.

Or said another way: “I am not tuned into the knowing in my body; OR “I don't trust the knowing in my body”.

All of this is NOT at all surprising because we are trained from a young age that we cannot trust ourselves; we cannot rely upon our own inner knowing when choosing what to do. We need someone with more authority to tell us what to do.

This is all an unfortunate consequence of a lifetime of Hierarchical Control in families, schools and jobs.

## **The Capacity to Feel and re-learning how to trust our Inner Knowing**

By practicing scanning the body and feeling into emotionally-based physical sensations you are helping your player build up their capacity to feel.

And this capacity leads to the development of inner knowing and intuition and self-trust.

While we are focused on guiding our players toward their dreams, we are equally focused on guiding our players to become the next version of themselves. Developing the capacity to feel is an awesome part of that.

### **What OVERWHELM actually is**

People also often answer: “I don’t know” when they are feeling overwhelmed.

Notice the keyword of the phrase: FEELING overwhelmed.

We often think that overwhelm comes from having too much to do or having too many different things happening in our lives. But, this is actually NOT the cause of overwhelm.

Overwhelm is caused by how you FEEL about what you are not going to do from your list. Or what you won’t be able to control in all the things that are happening.

It’s how you FEEL about them that causes the overwhelm. Specifically if you don’t have the capacity to feel all the feelings about what you won’t be able to do, it’s like a circuit breaker switches and you disconnect from the feelings in your body.

Then when you are disconnected, you can’t tap into your inner knowing... so then you don’t KNOW what to do.

### **KNOWING what to do**

As a Life Coach, your approach to all of this is to:

- 1) Slow down and co-create a safe judgment-free space
- 2) Guide your player into the exercise of noticing the sensations in their body
- 3) Feel deeply into one of them
- 4) After the body feels connected and safe... they will KNOW exactly what to do.

In other words, don’t make a big list and then do a logical analysis of ranking the pros and cons of each action. LOL.

### **Class #03 Prep**

We will explore a few of these questions in class.

*Question: Who has listened to Player Leanne Audio’s? What is your insight so far?*

*Question: Who can share an inner freedom coaching experience?  
What was the pivotal moment you explored?*

*Question: Who can share a Pivotal Moment from your life in the past week?*

*Question: You think with your conscious mind and you KNOW with your body. What does that statement mean to you?*

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

*(if time)*

*Question: How do you interpret the notion that “I don’t know” means you are “disconnected” from the feelings in your body*

*Question: What is the pivotal moment you are going to explore with your coach today?*

## Chapter #04 Memory Pops

*“The formation of the child’s character involves the will as well as the understanding...Above all, it is necessary to break the natural willfulness of the child.”*

*While the schoolmaster who seeks to make the child more learned is to be commended for cultivating the child’s understanding, he has not done enough. He has forgotten his most important task, namely that of making the will obedient.*

*The supervisor’s presence will stifle the pupil’s inclination toward sinful behavior, and slowly weaken his willfulness.”*

*-August Hermann Francke*

*Leader of the Pietist Schooling Movement*

Note: This is an early prototype of the Compulsory Industrial School System in place today in much of the world.

And... **this should explain a few things!**

## Chapter #04 Prep

### Before Class

[Read through the complete coaching guide for Session 4](#) (Page 29)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 4.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 4](#)

(Coach Dave and Player Leanne)

Read the Player Playbook Chapter 4. Here is the outline:

### Coaching Notes for Session #04- Memory Pops!

In Session #4 we will go a little deeper into the “feeling the energy” experience.

Here is a chunk of the Coaching Guide that I want to explain because it’s a bit tricky.

The point of this is that by this session the player is probably having memory pops. If they are not... DON'T PANIC! But... you can dwell in the feeling part a little longer so that the player gets more comfortable with this exercise.

Here is the Coaching Guide:

\*\*!!\*\*

**ASK:** What was that experience like? Did anything come up for you?

**{Listen for a moment}**

**{If your player has a "Memory Pop..."}**

**SAY:** *If you want to, you can tell me about the essence of what happened without getting into the details. But you don't need to.*

**{Dialogue as much as feels right.**

**You only need to get the essence of what happened from their perspective and not the details. Be sure not to get lost in the story AND IT IS ESSENTIAL to maintain judgment-free awareness toward the event and anyone else involved in the event.**

**Skip ahead to 4)**

**Otherwise... keep going**

### 3c) Go Deeper

**ASK:** *Do you feel that you are able to go a little deeper?*

If yes, refocus them on the physical sensation;

Coach Note: Sometimes the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds.*

Encourage them gently – this is often a BIG moment for them.

**\*\*)** Scan for Memory Pops

Feeling Layer

**IMMEDIATELY** after feeling the energy the 2<sup>nd</sup> time.

**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.

**\*\*!!\*\***

After you ask: “did anything come up for you”, give them plenty of time to respond. Memory pops seem strange at first.

If they do have a memory or an emotion, this is when you give them the time to share a little bit about it.

If they DON'T have anything come up, then you go to “3c” and invite them to re-locate the physical sensation and feel into it for another 30 seconds.

THEN...

You ask what we call: **The Memory Pop Question.**

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

Then you WAIT.

This question has a high reliability of opening the pathway for a memory pop.

It is very important that you ask this question just this way. Again, this is not the time to improvise.

As we move forward, the Coaching Guides will evolve a little bit and we will go straight into the memory pop question right after they feel the energy.

## Coaching Notes Playsheet

YES! Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

This really helps as you move along through the program. You will be able to look back to get a quick recap of the Memory Pops your player has had; this will help you see patterns.

## ***Inner Freedom Method Step 3&4: “Memory Pops”***

First of all, I LOVE this icon for the memory pop experience!

This is an icon for the movie theatre with popcorn and 3D glasses.

The popcorn is a good symbol for memory pops, popping up during or after feeling the energy. The 3D glasses are the perfect symbol for the kind of moving images that flow into the imagination. Often they start out kind of fuzzy and slowly come into focus.



While you are doing steps #3 & #4 - There is a powerful step where you can explore with your player the source of this energy that they are feeling in their body.

### **Understanding memory pops**

As you have practiced the Inner Freedom method of feeling a physical sensation in your body (as a player or a coach) over the past few weeks then you have probably experienced a “Memory Pop”. A Memory Pop is when a memory of a past event or experience “pops up” while feeling the energy in the body. This is a very common phenomenon because the buzzing energy in the body is connected to a past event.

As we go through life we experience events; some that involve us directly, others that we witness. Some events happen thousands of times like eating a meal. Some events happen rarely – like a parent or sibling dying. All events that we experience have energy but some have a lot more energy than others. Most events have little energy, so the energy easily flows through us like water flowing through a pipe. Some events are more energetically intense. The intensity of the event is relative to the size of your pipe (capacity to feel) at the time.

So, when you are small, and your capacity to feel is small a LOT of the events that you experience are too big for the pipe. When this happens the energy stays in the body rather than flowing through.

When we consider ALL of the confusing, dehumanizing, troubling and traumatizing situations we experience in compulsory education etc. – as detailed in the “Story of becoming you” model – you can see just how many of these energetic / body beliefs are in you. A LOT!

As a fellow coach I will tell you this profound thing: I have coached over 1,000 people, and almost every single one was suffering from self-doubt and had a belief that I would call: “It is not safe to be me”. Almost EVERY ONE. That points to a systemic failure of the Industrial Culture. OR if you are cynical: the profound success of the Industrial Culture to transform humans from Wild and FREE Co-Creators to subservient and obedient workers. This is something that you must understand as you coach your fellow Humans in pursuit of their dreams.

Any time an action or event happens in the present that is energetically similar to the past event, the place in the body where the energy was stored will “BUZZ”. This

“BUZZING” energy is uncomfortable so most of the time we avoid activities, thoughts or even intentions that start up a buzzing energy.

THEN... we decide to play for a bigger dream in life and certain actions that start a buzzing energy can no longer be avoided. This is where YOU – the Coach – come in!

When you have your player feel the BUZZing energy VERY often the memory of a past – energetically similar – event will pop up into their conscious mind like a scene from a movie. And often your player will share this memory with you.

Most of the time, these events are benign – standard Industrial Culture - but every once in a while they will be rather traumatic. And of course what is seen as benign or traumatic is relative for both the player and the Coach. In any case, your role as the Coach is to be fully present without getting lost in your player’s emotions from the event. Also it is essential to NOT try to fix “the problem” or make it “OK”. JUST BE THERE; that is enough.

### **An example from my life:**

In this example I use the phrasing that we now use in the Inner Freedom Method. This was not how I understood it at that time.

I was in my mid 30’s and growing my coaching business and my business coach recommended that I go to networking events to meet potential clients. I would look in the newspaper for upcoming events. I got the Chamber of Commerce event schedule. But I resisted going. My mind came up with lots of reasons NOT to go to networking events.

I had a successful coaching business, but definitely not because of networking! I got all of my clients by calling people I knew; and then from referrals from those people.

A few years later – still avoiding networking - I had a coaching colleague who did a form of energy work with me. I could feel the buzzing energy in my body when I simply THOUGHT about going to a networking event.

When I felt into this buzzing energy, I had a "memory pop" of my mom freaking out when I walked up to the stranger as a child.

The memory pop clarified in my mind over the next few days...

At age 4 my mom lets me play in the yard and says: “don't talk to strangers”; one day I was out there playing and an interesting looking person was walking by. I wanted to play with them so I ran over and started talking to them.

### **My Mom FREAKED OUT!!**

She came running off the porch and grabbed me. This felt REALLY bad and it was very confusing; I love people, why is my mom yelling and getting upset? This is way too much energy to handle so I started crying and then my mom freaks out even more. The emotional energy of this experience got stored in my body.

My mom was just being a good Industrial Age mom! But to my 4 year old self it was troubling.

As a child, at a non-conscious level I formed the belief: it is not safe for me to talk to strangers (because my mom freaks out). This became a “social safety instinct / body belief” to avoid trouble with mom by avoiding strangers.

And this belief served me well when I was a child by keeping my mom from freaking out. Later, I figured out that it was the buzzing energy in my body that had my mind come up with hundreds of unique and creative reasons why I could not go to networking events. It seemed like every event I planned to attend, there was a new reason why I couldn't go.

**Buzzing energy sparked reactive ~ avoid social risk ~ thoughts.**

These thoughts were coming from a belief that was preserving belonging with my mom.

This was a big insight for me:

**My conscious mind thinks self-preservation thoughts that will justify my body's experience AND keep me safe from social risk.**

It starts with an uncomfortable physical sensation in the body;

If I resist it, my mind will start to justify why that feeling is true – **Networking is a social risk.**

But when I felt into the energy and allowed it to be there, my body calmed down and going to networking events at least became do-able. NOT easy by any stretch.

Inside the event, I still didn't go up to anyone (AKA Strangers) to talk. But eventually people came up to me and I got to meet people that way. Whew!

A quick recap:

- So I make a play plan to go to a networking event to meet new people and move forward in my BIG dream! YES! That is a great idea.
- THINKING about networking with strangers is energetically similar to what happened when I was 4 years old and my freaked out.
- My body started to buzz with energy which was uncomfortable.
- I didn't pay too much attention to the buzzing but I suddenly "feel" that going to a networking event is a bad idea – even dangerous.
- Then my mind – which prioritizes social safety and preserving the belonging I have (with my mom) – starts to "think" a lot of thoughts that justify NOT going to the event; while just moments before I thought was a great idea.

Thoughts like:

"Oh, I can't go that night, my favorite TV show is on." Or

"I can't go to that networking event, my business cards don't have a nice logo"

- Basically, in the presence of this "feeling of social risk" my mind will go to great lengths to create thoughts – even ones that don't really make sense– to justify the feeling and avoid the danger.
- Remember, going to the event was perfectly aligned with my play plan, it made logical sense to go. But the fear was stronger energy than logic.

OUR Conscious Minds #1 job when the body does not feel safe: avoid social risk and preserve what is.

## *The “memory pop”.question*

A quick point of emphasis here about something I covered in the Coaching Notes.

We ease into memory pops with the player over the first few sessions.

The Player Prep Audios will really help your player acclimate.

In the first few sessions we have them scan for energy and feel into it.

Then we just ask: “Did anything come up for you?”

Then in session 4 we have the option to go a little deeper if they don’t have a memory pop.

We have them feel into the energy for another 30 seconds.

Then we use what I call the “Memory Pop” question because it facilitates the player having a memory pop almost every time.

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

It is important that you use this phrase exactly this way. Don’t vary it in any way. I have tested many ways of saying this question and this is by far the most effective. Many ways of saying it actually prevent the memory pop from happening.

After you ask this, the key is to wait with presence!

A memory pop will usually happen.

VERY often they will say something like: I don’t remember anything.

Just stay quiet!

VERY often after a few more moments they will start to describe a scene. But the first few times they will say something about: “this doesn’t make sense, but this is what is coming up”.

Just stay with them as they talk it out.

You can tell them: “Only share with me the details that you feel comfortable sharing”.

If no memory pops up,

**ASK:** Did you notice any emotions coming up while you were feeling this energy?

Often sharing emotions will also lead to a memory pop.

But if it doesn’t it is OK!

Next we talk about the body belief.

From feeling the energy and speaking the body belief they will have enough clarity and safety to move on to the next step.

## *Allow the images to emerge*

This point is more for you as a player.

When your partner coach asks you the memory pop question, just allow images to emerge into your mind.

The key is to not attempt to explain or justify what is coming up. Just allow it in.

Once you do this a few times, it will be easier for you to guide your players through the experience.

### *Giving Voice to feelings, body beliefs and social fears*

Encourage them to share whatever they feel comfortable sharing.

Be there for what they want to share.

As the coach... you don't need the details! (but they want to share them...)

... you only need the essence.

### *How much to talk about*

Exploring memory pops and connecting the dots to the present situation is deeply fascinating and satisfying!

However, it is best to ease into these conversations.

That is why the coaching guides don't get into this at all until session 5 or 6.

But guiding your player to feel energy and have a memory pop and then just allow them to share a few details without getting into the depths of it, you create a bond of trust.

Remember...

IF it was a traumatic event...

It's NOT therapy ~ just because it's from the past and intense; two people can talk about anything they both choose to talk about.

When you DON'T try to fix it, or even soothe it, but just acknowledge that you hear them, it creates the safety to explore what their Dream wants them to do next.

Be careful not to judge the other parties in any story your player shares, even though this is hard sometimes.

Be careful not to judge your player if they share a story about hurting someone or making a mistake that caused another person to hurt.

To be a great Life Coach, you need to be able to embrace ALL of the human experience; which can be tragic sometimes.

### *The Power of Presence – it takes 2!*

I think it is important to remember that when you feel belonging with another person, your non-conscious mind is just as energized by your dream as it is in preserving social safety.

This is why the Inner Freedom Method is a coaching method and NOT a do-it-yourself method. AND why it is SOOOO valuable in the world.

The power of Coaching Presence to create a safe space while feeling energy in the body is transformational.

You learned social fear and risk in the presence of others... to develop into a new version of you, you need the presence of at least one other person.

Profound Belonging is the antidote to the social safety instinct!

### *Class #04 Prep*

We will explore a few of these questions in class.

*BIG Group: Sharing experiences of Inner Freedom*

*Question: Share your Pivotal Moments as an epic human adventure: the PULL between your Dream and your Social Safety Instinct. (give it some drama!)*

*Question: Share an experience of a Memory Pop*

*Question: What is the benefit of expanding your Capacity to FEEL?*

## **Chapter #05 – Explore the Superpower**

*“I never let school interfere with my education.”*

*- Mark Twain*

## Chapter #05 Prep

### Before Class

[Read through the complete coaching guide for Session 5](#) (Page 38)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 5.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 5](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 5. Here is the outline:**

### *Coaching Notes for Session #05= Role Play + Inner Freedom*

In this session we will do a Role Play for the first time in the series.

And we will start the exploration for Superpowers for the first time as well.

There is no connection between these 2 events! It just worked out this way in the flow of learning the method step by step..

Using Role Play plus Inner Freedom is such a great way to coach and I want to get you into it. BUT we needed enough comfort with the player and the method to do this kind of growth oriented practice.

Here is a quick outline of how you combine them.

- a) **Step 0:** Choose a Pivotal Conversation to Role Play
- b) **Step 1:** Replace the Preplay with a Role Play
- c) **Call time-out** in the Role Play
- d) **Go into detail in steps 2, 3, 4:** Review reactions with judgment free awareness; Feel the energy in the body; Explore memory pops; Name the body belief
- e) **A brief exploration of step #: 5:** Look for hidden superpowers
- f) **Go quickly through step #8:** Make your mind the ally of your Dream (create Dream language)
- g) **Replace step #9** Preplay with **another Role Play**

Here you want to help the player really step into their new confidence and clarity.

If you have time, you can challenge them to practice playfully expressing / BEING a superpower. Encourage them to use their imagination to express what their dream wants in new ways.

**A little tweak in the Memory Pop Section**

You will notice this section in the Coaching Guide when the player does not have a memory pop after feeling the energy

**\*\*!!\*\***

**\*\* If it feels right to you... Invite them to feel into the energy for 30 more seconds**

**ASK:** *Did anything come up for you?*

**\*\*!!\*\***

Often dwelling in the energy for another 30 seconds will create enough “safe space” for the non-conscious mind to reveal an image.

If it does, explore it briefly.

If it doesn't, act like everything is going perfectly (because it is) and move on to Step #4.

## **Step #5 Explore for Superpower Potential**

### ***This is the treasure map!!***

There are two versions of this step: one if they have a memory pop, the other if they don't have one.

**If they do have a memory pop it is much more of an exploration.**

- You get the essence of what happened in the earlier moment.
- You see if there is something obvious that they were expressing at the time... that somehow contributed to the trouble.
- You don't want to go digging too deep if it was a really troubling event. BUT most of the time it will be “routine Industrial Age Trouble”; basically getting in trouble for being your SELF; Or trying to use your power to help and it didn't work.
- You use your imagination to and curiosity to put the pieces together and share with the player what they are seeing. Usually people have a hard time seeing that they were expressing some unique power when the trouble happened.

**If they don't have a memory pop it is more of a “best guess” exercise.**

- You start with the voice of the body belief: It's not safe for me to... (fill in the blank);
- Often from that social fear you can make an educated guess about the Superpower or playfulness they were expressing.
- Sometimes when you ask the question... the voice of the body belief and the wondering about the superpower will actually cause a memory pop!

Either way... it is important to NOT get stuck on this part. If it doesn't come into clarity within a few minutes, just leave it as an open question and move on to the next step.

Very often, this is more of a seed planting exercise and an insight will pop into your players mind in the next few days.

Also, by exploring this question regularly over the next 6 sessions, your players will start to see their memory pops through this lens.

# Coaching Notes Playsheet

YES! Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

This really helps as you move along through the program. You will be able to look back to get a quick recap of the Memory Pops your player has had; this will help you see patterns.

## *The Transformation Potential in Role Playing*

### **Practice Together**

As Life Coaches we must find creative ways to bring the “Practice experience” to our coaching sessions. For one reason: this is what coaching is. For a second reason, we don’t want Life coaching to resemble talk therapy or counseling! So we need to bring the “play together / practice together” energy to what we are doing!

Role Play is the most clear and obvious way to get into a playful practice of an experience that goes way beyond “talking”. AND it gives you an opportunity to do a second coaching essential: observe your player at play and share what you observe; this is one important way to see your players hidden superpowers.

Relating back to the four pivotal moments of social play, Relate for Influence while facing the risk of Rejection is the one we can practice with a role play to spark development.

Pivotal Moments of choice – the core of the Inner Freedom Method – is a way to play together with a situation in the players’ imagination as if you were a coach and player watching a performance “video” to find ways to perform better.

Part of your opportunity as a coach is to create your own signature “Practice” experiences that take you and your player way beyond “just talking”. When the spirit of play and co-creation are close at hand, you are on the path!

### **Thoughts about Role Play**

Doing a role play can feel uncomfortable for both coach AND player but when you understand the power of it, it is well worth both of you expanding into the growth zones.

**The bottom line is that playing for a big dream requires practice.** Doing a role play allows you, the coach, to “observe” your player in action and get a much better idea of their capabilities as a player. And it allows the player to build confidence in their abilities as a relator; especially in a conversation for influence where they feel the risk of rejection.

### **Going Deeper Into the Role Play Technique**

Let’s go a little deeper into the Role Play Technique and Model. Here are a few thoughts beyond what I included in the Player Playbook.

The role play is where the coach plays the role of the person the player needs to talk with. It could be a specific person. Or it could be a “typical” person for a recurring activity.

### **Observation ~ Co-Creation**

This is on the model to remind you that this is the centerpiece of the coaching relationship and that Role Play is the premium way to bring this framework to a coaching session.

### **Relate for Influence**

**Coach:** while you are co-creating the scenario with your player and then practicing with your player you are also OBSERVING your player.

**You are observing:**

- A) Clarity of Intent – listen carefully as they define the scenario and then in the role play assess how clearly they are moving toward their intention.
- B) Energy Alignment – while you are playing in the conversation is it vital that you pay attention to the feelings that you notice within your Self and feel coming from them.
- C) Words Flowing – The words that someone speaks are mostly effected by their clarity of intent and flow of energy. Yet, sometimes there are better ways to say things that you can suggest after a time out.
- \*) Superpower – This is the advanced coaching of Inner Freedom. If the player wants to practice a particular Superpower for Influence – which is awesome – then be prepared to notice when they use it or AVOID using it.

**PLAN**

Notice the Plan – Play – Grow sequence within the Role Play Technique. It’s a pattern!

In steps 1,2 and 3 you are getting just a few details so that you can play the scene with a fair degree of authenticity. It is play so it does not need to be perfect or exactly accurate; just close enough for your player to “get into the moment” with you.

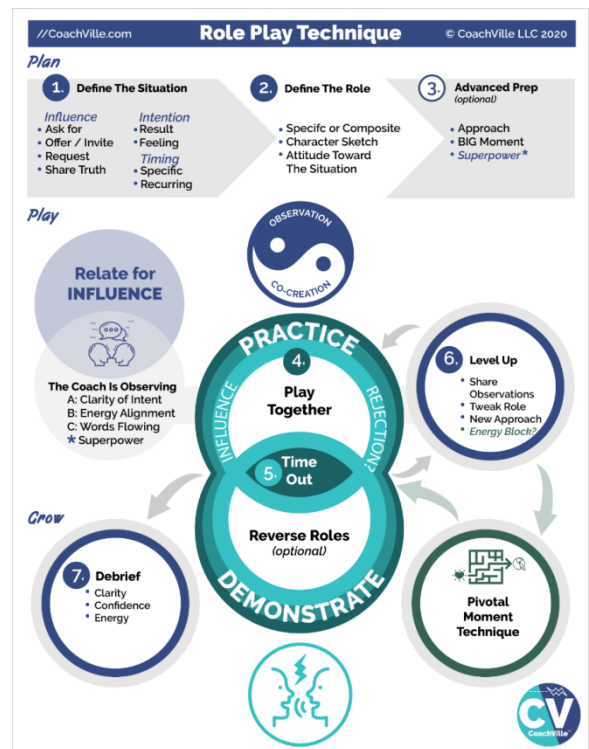
**1) Define the situation**

What is the influence they are playing for?

- Ask for something
- Offer something they want them to accept
- Invite them to do something they want them to say yes
- Request for support; for an action; for a change
- Share a truth; something they want to say and want to be heard

What is the intention?

- What is the result they are playing for? What do they want the other person to do? How do they want the other person to feel?
- What is the situation? : Is this a one-time situation with a specific person or is this a recurring situation with a type of person.
- Usually there is something they want the other person to say “Yes” to and commit to an action.



## 2) Define the “Role”

Is this a specific person or composite of a typical person?

Character sketch: what are their essential qualities?

Attitude: what is their likely point of view about the situation?

Note: To play the role of another person, you do not have to change your voice. You can sound like yourself and still play the role.

## 3) Advanced Prep

If you have plenty of time you can explore these before jumping into practice.

What is your approach to the conversation? How are you going to authentically move them toward the “Yes” you are playing for?

In the conversation, what is the big moment for the player? As the coach you can steer the scene toward this moment.

# PLAY

## 4) Play together

Just jump into the role and play. Allow the character you are playing to come through you. Don't think about it too much or worry about if you are doing it right! Truly... the more you allow yourself to co-create in the flow, the better the practice will be for your player.

The first time you play the scene, “play it straight”. In other words, use a light touch and allow your player to do their thing so you can observe them.

When you get to a second time in the scene or more you can add different twists to challenge your player.

## 5) Call time out!

Either the coach or the player can call time out to end the scene.

## \*) Pivotal Moment Technique / Inner Freedom

If you, or the player, notice that the player is experiencing resistance, confusion, doubt etc. in the conversation, this is the ideal moment to explore with the Inner Freedom Method.

## 6) Level Up

Talk it over for a few moments.

A) Share observations. What did you FEEL is the most important thing to share because that is the part they don't know about.

B) Ask your player if you need to tweak how you are playing the Role in any way?

C) New approach of experiment? Sometimes the player will immediately know that they want to try it again a different way. Sometimes you will need to share a few ideas and co-create a new approach with them.

## Play Again

4) Repeat as many times as necessary until you feel your player has confidence for the conversation.

As you and your player get more confident in this type of practice, YOU can really push the growth opportunities by bringing more challenge to the role play scenarios.

### **Advanced Technique... Reverse Role Play**

Reverse Role Play is where the coach plays the role of the player and the player plays the role of the person they are going to talk to.

This can be really powerful for 2 reasons.

- 1) It gives you – the coach - the opportunity to demonstrate a new way for the player to approach the situation; demonstrating new ways is a classic coaching move.
- 2) It gives your player the opportunity to put themselves into the perspective and mindset of the person they want to talk to. By “stepping into their shoes” and playing as them, they start to imagine new ways to approach them.

## **GROW**

### **7) Debrief**

Practicing a conversation like this is very empowering for the player. And it an experience of real coaching because the player will grow in clarity, confidence and energy alignment WHILE you are practicing with them. It is important to capture this growth after the practice time. It will propel them out into the world to play what you practiced.

**TRANSFORMATION:** Here we are doing just one role play. My hope is that your player hires you for a very long time and you do MANY role plays together. This will create a powerful coaching path to deep playful growth. YES!

### ***Step #5 Explore the Superpower Potential***

I will probably share this point with you in a few different places: ALWAYS remember: people don't know what their superpowers are!

As you observe your player, be generous and share what you see. Being able to see qualities in the people you coach, and then articulate them, is an advanced coaching skill that takes practice.



I recommend you read over the 64 Superpowers of change sheet on a regular basis and get comfortable with these phrases... and any other collection of unique qualities. (Gallop Strength Finder and UPenn Via Character are also good examples).

With regard to using these assessments with your players, I am very cautious about these tests because most people don't see themselves clearly enough to answer the questions. This is a big human question called: how do we come to know ourselves? What we think about ourselves is a mashup of who we are and what we see reflected to us from our environments over time. This can be like a funhouse mirror sometimes!!

So what this means is, when you get into these conversations, often YOU will have to share an observation to spark awareness of the players unique power or playfulness.

***THE Best way for someone to become aware of their superpowers is to play alongside someone who can share what they OBSERVE. AKA COACHING!***

My awareness of my unique qualities comes more from things Thomas (my coach and friend Thomas Leonard) told me than from any assessment where I answered questions; and I have done dozens of these things.

So for your players... it's up to YOU to really SEE them. Trust that you will bring better clarity than the "funhouse" mirror!

You can do it... and it can be life changing for your players.

When do you SEE them:

- While co-creating clarity by talking with your player about their actions, results and challenges
- While exploring pivotal moments together
- While role playing together!
- While connecting in between sessions

All the awesome stuff we are doing in Inner Freedom Coaching.

**A quick few notes about self-assessment tests**

As a related side note: In addition to my caution with self-assessments, I do not use assessments where you take a test with lots of questions and the result is that you are a certain type in a box. This type of statistical sampling is highly unreliable in predicting human qualities! (hah! That is an understatement)

Assessment tests that reveal your preferences or qualities, based on your answers, can be helpful as a starting point... NOT as the ultimate answer to who you are. Like I said earlier, the caveat is that the person needs enough self-awareness to answer the questions. Most people answer based on who they think they are supposed to be.

**Energy Alignment Game = Super YOU!**

Here is a quick recap of how you coach the player to become Super YOU!

1. Help them see their unique abilities.. as you practice with them.
2. You need to SEE your player! And share what you see.
3. PRACTICE with them and encourage them to use these abilities in Role Play.
4. Encourage them to incorporate these abilities playfully in their Play Plans.
5. Then debrief with them about what happened when they used their Superpowers.

*Voila! Life Coaching. ;-)*

***Class #05 Prep***

We will explore a few of these questions in class.

*BIG Group: Sharing experiences of Inner Freedom*

*Question: What Superpowers have you discovered within yourself?  
Within your players? Share an example.*

*Question: During a role play, what are you observing?*

*Question: What conversation are YOU going to practice?*

## Chapter #06 – Find the Perfection in the Situation

*‘One way of looking at life is to believe that everything happens for a perfectly good reason, even if we cannot always see or know that reason within our own lifetime. The point here is to look for and find how a player's event, problem, situation or trait is perfect, even if it's clearly not. Seeking to understand and recognizing perfection first, instead of offering tips, techniques and solutions as a knee-jerk reaction, is what the Great Coach does naturally.’*

- Thomas Leonard

## Chapter #06 Prep

### Before Class

[Read through the complete coaching guide for Session 6](#) (Page 45)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 6.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 6](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 6. Here is the outline:**

### Coaching Notes for Session #06

Notice: in Step 3 – Straight to the memory pop question:

if a memory doesn't pop up, then invite / encourage them to feel into it for another 30 seconds.

By now, your player is most likely comfortable with memory pops and understands how somewhat random scenes will come into their mind after feeling the energy.

#### Step #6 has two parts

- a) The perfection of the self-preservation belief
- b) The perfection of the current situation

In this version of the Coaching Guide we only explore 6a.

The text in Part 6a has two versions: One for a memory pop, the other for no memory pop; just like in Step #5.

It is a similar situation. With the memory pop you can explore the earlier moment, and the self-preservation / body belief, to get to a deep clarity of the specific honor and purpose for the belief.

If there is no memory pop then you need to talk about the self-preservation / body belief in more general terms. This is valuable; though not quite as valuable as when there is a memory pop to provide the deeper understanding.

Again, by going through the same steps in either scenario, your player will get comfortable, feel safe and in the flow of the method and this will make memory pops easier.

### Coaching Notes Playsheet

**YES!** Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

As we move through the program and add steps to the method the “chunks” for writing notes get smaller and smaller; hopefully you are also getting better at capturing the flow of the session with just a few key words!

### ***Inner Freedom Method Step 6: Find the Perfection***

As I just shared in the coaching notes for this session, this step has two related parts.

- a) The perfection of the self-preservation belief
- b) The perfection of the current situation

I put some important concepts about this in the player playbook because this is a somewhat challenging but also liberating perspective.

In this section I am to go a little deeper to give you the coach’s perspective. As I wrote in the player playbook, it is VERY difficult to see a situation from this perspective when you are alone; and especially when you are alone and afraid.

Your presence as a coach can make all the difference in this path to liberation and connection to life.

The reason we do this step with our players after doing the basic version of the method for a few sessions is to build up the safe space of belonging which makes this step easier for both the player and the coach.

Here are a few extra notes about each of the two parts.

#### **Find the perfection of the Self-Preservation Belief (2010)**

In the original version of the Inner Freedom Method we called this the survival intention. Now we call it the self-preservation belief.

We made the switch to self-preservation because it is a little lighter than survival but also because we want to Amp up our ability to honor all of the self-preservation aspects of our inner being... I call this Tenacious Self Love! Honoring them rather than demonizing them – as in self-sabotage – makes a HUGE difference in our ability to embrace our humanity and grow into the next version of ourselves.

This is the deepest part of the method. It is based on the coaching framework that there is perfection in every situation.

#### **"Finding the perfection" means...**

- To see how it served you in life
- To see how it kept you safe while you were in the environment
- To see what you learned from it
- To see the positive aspects of who you became as a result of living this belief
- To see how it fueled you in some way; eg. “I’ll do this now to fit in, but when I am free of here I will show you this is NOT who I am!”
- It revealed a Heart’s Dream value that now you are living into



Belonging - fitting in – with your family or circle of friends is essential to survival as a young person! This is the driving force behind almost EVERYTHING we believe about ourselves, good and bad, right and wrong, life... everything.

Inner Freedom is the ability to look at any belief and choose if you want to continue to live by it OR if you want to use the Believe Human Superpower to choose a new belief.

My sense of this is that the belief from earlier in life doesn't go away when you actively choose a new one. It will still activate in certain situations. What happens is that you develop the capacity to feel it and choose something better for your dream sooner, faster with more ease. This requires practice.

### **You find the perfection of the self-preservation instinct and how it served your life!**

Here is a real life example from Player Natasha (recordings available in the syllabus):

At 8 years old her uncle tells her if she gets the top grade in her class, he will give her a bicycle.

She really wants the bike BUT she feels that if she wins the bike she will suffer the rage of her sisters.

So she fails the final test on purpose.

The survival intention became: if I win I will suffer, so I will not win.

*In our new version would say the self-preservation belief: It's not safe for me to win.*

*Also remember we refer to the self-preservation belief as the "body belief"; to distinguish it from a consciously considered thinking belief.*

In this case it is easy to see the connection between the need to belong and the self-preservation belief that it is not safe for me to win.

These correlations are often plain to see. But sometimes they will require you and your player to use a little creativity to "connect the dots".

It served her in maintaining belonging with her sisters - fitting in with her family - which is essential to survival when you are young.

### **A few deeper questions to create awareness...**

Here are a few ideas that you can use to go deeper in these conversations>

- How did this belief, and your life that followed, prepare you for something BIG?
- How did the early event reveal, and then possibly suppress, a Heart's desire?  
> It becomes like a buried treasure to be found later in life; often with great energy!
- Player Natasha - suppressed her talents so that she could fit in with her family  
> The event revealed one of her HEART'S DESIRES: FREEDOM to be yourself in the world. When she rediscovered this about herself, it gave her tremendous energy for her BIG Dream.
- How does this self-preservation belief explain how you feel something holding you back when you take action for your dream?

In other words it served a purpose when you were younger and the dream you were playing for at that time – the "fit in with my family" dream; Now it is NOT serving your new dream to play BIG in the world by expressing your unique talents.

If it creates a “pull back” when you have an opportunity to “win” the respect of your students in a class; or “win” the respect of the dean of the school; then this “not safe to win” belief is going to create strong resistance.

Often this type of deep exploration creates a BIG “AH HA” for your player.

Sometimes the big “AH HA” comes in the days after the coaching session. Don’t feel the need to force it in the conversation. Share what you see, ask the player to consider this perspective and then let it work its magic.

Always remember!!! **The drive to be FREE is in all of us.** Sometimes it takes a while to bubble up to the surface.

In earlier versions of the method we tried to talk with the player about the perfection of the situation itself; the experience of the earlier moment. I have found this very often to be too difficult to get one’s head and heart around; especially for the troubling and traumatic experiences in life.

However, exploring the perfection – value or purpose – of the belief itself is MUCH easier; and it provides a greater sense of freedom. This is because it’s the non-conscious belief (body belief) that developed in the player during the earlier moment that is causing “the pull”; not the experience itself.

This is a big – and very helpful - distinction.

### **A few other points exploring early moments in life**

Judgment-free awareness is really important here! It is up to you to create the safe space.

This means not judging any of the people involved in a situation your player shares.

- Sometimes your player will be witness of a troubling experience and feel powerless to help.
- Sometimes your player will be the “cause” of a troubling experience through an accident or unintended consequence.
- Sometimes your player will be the perpetrator of a troubling experience.

The key to all of this is to focus the exploration on the beliefs rather than the details of what happened. While exploring the beliefs sometimes the details of events will come into the conversation. Your role is to be a calm, steady presence; co-creating belonging with your player so that they feel safe to explore and share.

Often we need to say something in order to see it. Be the listener.

### **NOT Therapy**

I mentioned this in the player playbook in Chapter 4. But I want to amplify this point again from the coach’s perspective because this step is where we can get into deep reflection about moments from our past.

Since this question comes up all the time I will just say a few words here to help ease any worries that you may have.

Talking to a fellow human about earlier moments in their life and how they sparked the development of non-conscious beliefs is not “doing therapy”.

It is true that Psychotherapists do talk with people about their past events in life.

But that does not mean that talking about the past with someone is doing the work of psychotherapy no more than looking at someone's teeth means you are doing dentistry. Talking about moments from our past to find meaning and purpose is a thing we human's to together.

I will leave it there.

## **The Superpower Connection**

Often "seeing" a non-conscious belief is very freeing.

Seeing and honoring the source event of a belief is even more freeing than talking about the event itself.

And sometimes... all of this reveals your players playfulness or power; AKA the treasure map!

The perfection framework for almost all of these situations has the same pattern. Add this pattern to your "treasure map reading skills".

It goes like this...

1. At an earlier moment in life you were playfully expressing your power in pursuit of your dream at that time in your life.
2. Something bad happened; someone didn't like what you were doing; your belonging was threatened; OR your power didn't work and you were devastated.
3. Your non-conscious mind kicks in and creates a belief that it's not safe to do what you were doing.

Note: often the player was playfully expressing their power when a troubling thing happened that had NOTHING at all to do with the player; however as a small person we often make these non-conscious cause and effect connections.

4. At this moment your superpower went into a dormant state.
5. The perfection is that you didn't have the ability or wisdom to safely use or express that power at that time. So keeping it dormant kept you safe.
6. Now you are facing a challenge or an opportunity within your dream that is calling your power out of its dormant state.
7. The timing is perfect because now you have the wisdom to use your power in the world. AND you have a coach who can help you practice your power before you use it! (I love sharing that part with my players)
8. Life is amazing!

## **Find the perfection in the current situation through the balance of support and challenge**

This part of the method does not appear in the Coaching Guide until session #7. But I want to give you the background information now.

Remember! The Inner Freedom method begins with the desire to play big! To express or create something that requires action that is outside of the self-preservation zone of your player.

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.**

The challenges are “asking” you to learn something or become something that is essential for the fulfillment of your Dream.

There are no “random” experiences when you are playing big! Every experience that comes your way has the potential to move you closer to your dream.

## **Look at the support that is around you**

Often there is support available that you are not allowing or not receiving. (There is that word Allowing again)

For most people receiving support is also outside of their self-preservation zone AND has its own collection of Inner Freedom opportunities. That may sound weird that receiving support would go against self-preservation. The key is to understand that many people group up in an environment where not needing anything from anyone was the way to be admired in the family. When being self-sufficient gets tied into belonging and status – which happens A LOT in Industrial families and Industrial schools – accepting support can feel like a threat to one’s status.

## **This conversation is a co-created experience**

Seeing that a challenge or difficult situation as an essential experience to living a dream is a life changing exploration that requires some practice for both the coach and the player.

It requires a great sense of trust in each other.

The earlier steps of the method set the stage for this conversation.

You can’t force it, but you can influence it with creative judgment-free awareness and by creating a permission space to share what you see.

Often you can see a way that the current situation your player is in is exactly where they need to be to fulfill their intention to play big in the world. The question is how do you communicate this to your player? This can be delicate, especially when they are feeling stuck or upset.

I have found that if I take an approach like this it really works: Hey, something is coming to me here. I am not sure if it will resonate with you. Can I share it with you? {wait for them to say “yes”.} I am wondering if it might be X. What do you see in that?

Then let them reject the idea or consider the idea. It is up to them. Your role is to ask permission and share what you see.

I have been able to say some really provocative – often counter intuitive – things using this approach. And very often it creates a major shift for the player.

An example is a time a player was feeling terrible because they were just laid off from a job that they LOVED and had been in for many years. After setting it up as I just described I said: “What if this was the only way you would be set free to pursue your REAL dream?” This shocked them! But within a few minutes it took on a life of its own in the players’ imagination. Then over the next few days they were posting on social media about being set free to pursue their dream. It was awesome!

## *The Perfection of the Preservation Intention*

{review ~ figure out how to connect to the first part of example in Chapter 4

Remember this story I shared from my own life in Chapter 4? The one where I was trying to understand why I was so terrified of going to Networking Events.

While it all makes sense now, I can tell you that during the 3 or 4 years when I was figuring it out and starting to develop the Inner Freedom Method, it was VERY confusing!

I was a very successful Life Coach. I had lots of clients. I had money. I love meeting new people. I was really good at talking with people.

WHY?

Why did walking up to a stranger, at an event specifically designed for this to happen, stop me in my tracks?

### **Find the perfection of the Preservation (Survival) Intention**

Let's do a quick recap and then talk about the steps 5 and 6 in this example.

Recap

- I have a big dream to build my coaching business further and expand beyond the referral business
- My coach recommends going to networking events and I agree this is an awesome idea for me
- Just the thought of going to a networking event causes me to feel buzzing sensations in my body and the my mind comes up with 20 reasons why you cannot go to this event! e.g.. too busy! I don't have business cards! These emails are more important!
- This is my mind serving your "social safety intentions" because my body does not feel safe
- On the surface this situation was very confusing because clearly I have all the social skills required to be a capable networker. Why wouldn't I go?
- If you "think" about it logically the resistance doesn't make sense. BUT logic does not help here because when the body feels fear it overrules the conscious mind.
- After practicing some guided body work I figured out that the body sensations were connected to a moment earlier in life where I got in trouble with my mom for walking up to a stranger. I had a body belief that was preserving belonging with my mom.
- This is called "inner resistance" because the social safety instinct to stay safe pulled against my Heart's intention to play big and meet new potential clients. When these intentions pulled in opposite directions I experienced overwhelm then isolation then frustration.
- Traditional personal development programs – and I was doing A LOT of these - would urge me to BANISH NEGATIVE THOUGHTS from my mind. I repeated affirmations like: I love networking; I am good at networking; people like me. This did not

work at all because the conscious mind is not in charge when we feel social fear! And actually, these programs and affirmations made me feel worse about myself.

- Steps #3 & 4: The memory pop helped me understand what happened to create the energy in my body AND helped me put words around the body belief: It's not safe for me to walk up to strangers.

Got it so far?

- A big clue came when I started getting invited to speak at networking events! Through my growing coaching business and sharing ideas about my topic at the time – personal branding – I got invited to speak at Networking events. I would go to the event and not talk to anyone except the person who booked me to speak. Then I would do my talk; and I was VERY entertaining ;-)  
Then after my talk lots of people would walk up to me and want to talk with me. Turns out... I was amazing in this situation. Many times after 3 or 4 minutes talking with someone they wanted to hire me for coaching.
- Step #5: Turns out... talking to strangers, and getting into deep conversations quickly, is one of my superpowers!! This revealed to me the whole Superpower thing. Taking a step back, surely my mom freaked out trying to keep me safe in many different situations. So why did this one time stick with me so deeply. It was BECAUSE I was using my superpower when I got “in trouble”. Getting in trouble for being yourself hurts a LOT! It creates body beliefs that it is not safe to express that part of you.
- WHOA!!!
- Using the Superpowers of Play sheet I found the Superpower called: #19 Approach with Sensitivity. This described pretty well what my power was AND what my Heart's Dream needed me to do.
- Step #6a: Instead of being frustrated with my fear of networking I could PLAY with social fear using judgment-free awareness. I could see the perfection of social safety instinct: it was maintaining a sense of belonging with my mom. I can honor that. With my body feeling safe I could choose a new way to stay connected to my mom and experiment with new ways to express my Approach with Sensitivity Superpower.
- This is why it is so important to practice feeling the energy first - THEN explore to find the Social Safety Instinct.
- Step #6b: This revealed the “perfection” of my BIG Dream to grow my coaching business AND the perfection of my coach encouraging me to go to networking events. Without these events I would never have had to explore this fear; and I would never had rediscovered this Superpower.
- Figuring out that there was nothing wrong with my mind or my attitude or my energy I was really FREE to pursue my dream. With my coach I could get my mind focused on my new “Heart's Dream” in a way that had equal power to my Social Safety Instinct to avoid talking to strangers.
- The social fear of walking up to strangers at a networking event did NOT go away! I still feel it every time. I still work around it most of the time by hosting the events or getting invited to speak first. BUT, when needed for my dream, I can feel into the energy

and walk up to someone that I want to talk to. And after I am talking to someone, it is almost always REALLY FUN!

### *Class #06 Prep*

We will explore a few of these questions in class.

#### *The Inner Freedom Method Review*

1. Tell me what is a Pivotal Moment?
2. Describe step 1 = Pre-play or Replay in your imagination
3. Describe step 2 = Notice thoughts with JFA
4. Describe step 3 = Feel the energy
5. Describe step 4 = Give voice to body beliefs

*Question: In the preservation zone, what are we trying to preserve?*

## Chapter #07 – The Flow of Gratitude

*“A few years ago a family of high wire artists had a terrible fall from the high wire in the middle of their performance. All of them were killed, except the father, who escaped with broken legs. But even after losing his children in the fall, a few months later he was back to work, in the circus, on the wire again.*

*Someone asked him in an interview, how he could bring himself to do it, after such a terrible accident. He answered: ‘On the wire, that’s living... all the rest is waiting’.*

*From “A Timeless Way of Building”  
by Christopher Alexander*

## *Chapter #07 Prep*

### **Before Class**

[Read through the complete coaching guide for Session 7](#) (Page 53)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 7.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 7](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 7. Here is the outline:**

## *Coaching Notes for Session #07- The Superpower Zone*

### **New (full) version of Step #6**

We add step 6B: Find the Perfection in the Current Situation

6B is about exploring the Pivotal Moment as a challenge with a growth opportunity.

This inquiry is based in the interpretation that when you are playing for a DREAM, EVERYTHING that happens is happening for the purpose of you living your dream.

This is different than the typical Industrial Control Mindset which says that anything happening that is not according to the plan is a problem that should NOT be happening.

This Industrial Control Mindset is why we experience so much frustration in the first place. HAH! But our plan is to guide our players to shift from stressful control to joyful co-creation.

The perspective is: every challenge - every result that is not happening, every intention that is not unfolding - is presenting a growth opportunity for the player.

Using the “BIG Dream is a video game in the video console of life” metaphor, every situation that comes up, is part of the game!

As a coach, your role with the player is to continue to encourage them to see every situation from this perspective.

Along the lines of the video game metaphor, every challenge also presents an opportunity to discover or practice use of a Superpower. It is the challenges that call us to use our Superpowers for good.

A quick point about the Coaching Guide:

Step 5 Explore the Superpower Potential follows Step #4 where we give voice to the body belief; we try to figure out if the non-conscious body belief is hiding a Superpower. Then in 6B we are exploring the current challenge and how it is asking the player to grow; which also connects to the Superpower.

These seem similar. But one is coming from the past – the Inner Experience - and the other comes from looking objectively at what the current situation is calling for.

Often these will be the same thing. But sometimes they will be slightly different. It's up to you to navigate this gracefully with the player.

This is all part of the “reading the treasure map” skill set. It is all about looking for clues. Sometimes the clues are redundant. Sometimes the clues take you in different directions.

Your role is to make it all seem connected and fun.

## Shift gears to look for support

**\*\*!!\*\***

**SAY:** *Often in the face of a challenge 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 open up look for it?*

**\*\*!!\*\***

In the flow of the coaching session this question can seem to come “out of the blue” because up until this moment the whole experience is very inward focused. Then this question asks them to look at the world around them. It can seem a bit jarring.

But at the same time, when the player is feeling safe and open, it is the perfect time to ask them to use their imagination to SEE what support is around them. They will often have ideas pop into their mind of people that they can ask for support that never occurred to them before.

And then the next question is about the growth needed to allow support in?

This is a big growth because in order to allow support in you have to feel that YOU are worthy of support; and that your dream is worthy of support.

As a coach you need to hold the perspective that whenever there is a challenge, there is always support available that is EQUAL to the challenge.

## Step #7 Experience the flow of gratitude

This step is all about connecting the dots between the dream, the current situation, the earlier moment revealed in the memory pop and “who” the player needs to become to rise up to the situation.

You ask the player to connect the dots. Definitely leave a LOT of silence after this question! This is typically an “abera ca damera” moment that the player will create as they start speaking. This is for sure NOT a “right answer” type of question. So encourage them to just start explaining it and talk their way into it.

Also, you may need to share an observation about the connections you see.

Often they will say something like: “Oh, at first I thought this memory pop was strange and made no connection to this situation. Now I see it was exactly what I needed to see to understand this pivotal moment”.

# Coaching Notes Playsheet

YES! Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

This is the first coaching notes sheet that has the whole method on it.

## *Inner Freedom Method Step 7: Embrace the flow of gratitude*



The BIG idea of gratitude is this that when you feel gratitude:

- you feel connected to life;
- you feel that your Dream is unfolding in just the perfect way
- you feel that your non-conscious mind is mysterious and powerful
- you feel that the situations you are in are exactly what you need right now
- you feel that your human superpowers are amazing and coming on line
- you feel that your unique superpowers are expanding every day
- you feel encouraged to make the changes you want to make
- you feel empowered to grow and play

When you feel this way, your energy is aligning with your dream and the actions you want to take get easier and easier. The results you want to co-create feel more in the flow.

Gratitude is a popular topic in self-help circles. It is powerful because a deep sense of gratitude is a powerful energy pattern. But how do we experience “deep gratitude” where you “feel it” and “think it” and “experience it”.

This is the ultimate outcome of the Inner Freedom Method.

### **An important point before we dig into it a little deeper**

Embracing the flow of gratitude is a Life Coach perspective on life. You can choose how you want to blend it into your beliefs about the “Energy Side” of Life. Also, it is not necessary for your player to see this the same way that you do. You can hold this perspective and “come from” it without “teaching” it. It is baked into the method and spritzed lightly in the Player Playbook; like a lemon zest ;-)

In this part I use the pronoun “you” to represent the player.

It starts with the purpose to play BIG – expressing your talents in a way that adds value to the lives of others. When you play BIG with a heart-guided intention a LOT of energy starts to flow.

Then you feel the energy in your body and uplevel your understanding of energetically charged events in your past. You see how they served your bigger purpose.

Then after steps 3 and 4 – with the presence of the Coach - the body feels safe.

Then the mind opens up – the imagination activates - and begins to think in terms of possibility rather than self-preservation.

Then you start to see and experience the perfection of the current moment. Your experiences of support and challenge are ALL serving your hearts intention; they are all building toward the Dream.

You begin to feel that “the Energy” – or the field or “life force” - IS playing on your team; then that shifts to you seeing that you are on the World’s team!

Then the dream flips:

**Out of:** this is MY Dream to get out into “The World”

**Into:** this is “The World’s” Dream that I am playing for; that I am a vital part of.

When you can live as if both are true at the same time then you are really feeling connected.

It becomes: “Oh I see. ‘The World’ gave me this Dream to call me toward becoming my FULL Self; to encourage me to live a FULL life.”

When all of this comes together – you feel it deep inside of you; then you are truly free to play BIG, to express yourself fully, to LOVE all of life’s experiences and to fulfill your purpose in the world one beautiful moment at a time.

The big question is: who must you become?

*IF you desire THAT experience...First you must become THIS bigger version of you.*

It helps to see it as a virtuous cycle: your desires attract experiences to cause you to expand and allow the desire to unfold. Then the next desire / Dream comes into view.

(You plug the next dream in to the video game console of life)

When you do, you can play big and enjoy ALL of it.

**AWWWW YEAH!!!!!!!**

### **Connect the dots**

Connect the dots is a metaphor - that most people understand – that comes from a type of puzzle where you draw a line from one numbered dot to the next. As you connect the dots a picture emerges. It’s a fun type of puzzle. And it beautifully illustrates what we are doing in this part of the method.

When you explore the Dream, the Pivotal Moments, the Memory Pops of past moments, the Body Beliefs, the discovered Superpowers, the Perfection of the Situations... week after week... a picture emerges.

How the BIG dream attracts the perfect growth opportunities.

How a memory pops out of the Non-conscious Mind to provide perfect clarity for this situation; to understand who you are; to understand your current beliefs; to see the superpowers to reclaim for who you can become.

### **How amazing it all is.**

Important: it is SUPER hard to connect the dots on your own. You will probably need to share a few possibilities and observations to spark the exploration.

When you ask the player to connect the dots - whether they see something or you see something – it creates an undercurrent of awareness that all of this is playing together for something beautiful to emerge.

Connecting the dots is another way of describing looking for clues on the Treasure Map. The Treasure Map is another metaphor that describes the adventure of searching through mysterious territory looking for something of great value.

You can think of connecting the dots puzzle in each coaching session as one of the many clues on the treasure map.

### ***All challenges are an invitation for growth***

This is another concept from the category called “How Life Coaches View the World”. LOL.

The idea is that when you play for a dream (plug a game into the video console of life) there are no challenges that are impossible. Every challenge is an invitation to grow AND the growth is possible.

**It could be a Superpower within you that is being called out.**

Most likely this superpower will require quite a bit of newfound wisdom.

Most likely this superpower will have a healthy dose of fear clouding it.

Most likely this Superpower will require quite a bit of practice!

It's there... but growth is required.

**It could be a resource around you that you can find and utilize.**

Most likely this resource will require you to embrace the social risk of ASKING.

Most likely this social risk will have quite a healthy dose of fear clouding it.

Most likely making this ASK will require quite a bit of practice.

It's there... but growth is required.

As Life Coaches, we are the Champions of Dreams. We guide people on the growth oriented adventure to become the person who can live their dream.

No matter what the challenge is for the player, we hold the framework that the challenge is an invitation for growth. We encourage the player to accept the invitation and then we are on for the next adventure... together!

***Voila! Life Coaching. ;-)***

### ***Understanding Perfection and being fully engaged and in the flow of right now (From 2010)***

Understanding Perfection is essential to masterful coaching.

It is one of the coaching proficiencies: Recognize the perfection in every situation

And one of the Frameworks

There is a perfection in every situation.

It allows you to be fully engaged in the flow of right now, empowered and resourceful.

It gives you power in the domain of Action and 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 and Dream in some way.

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

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

Clarity of purpose and clarity of intention make it easier to see this framework

### **In our play language we would say: When you are playing for a heart-based Dream, the World plays on YOUR TEAM**

However, you have to know HOW the World plays!

The World 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 World will align to prepare you to become the person you need to be to manifest your Dream!

### ***Expand your understanding of the Pattern Language of Self-Preservation Intentions (2010)***

In Chapter 4 I shared with you about my ah-ha moment of discovering the phrase: : It’s not safe for me to {fill in the blank}. Well before we had the technique for voicing the body belief we used a different approach. After the player shared about the memory pop experience we asked them to describe the intention that was trying to keep them safe. We called this the survival intention.

It was a pretty clunky process!

I think learning about the old way will give you some deeper insights into the Inner Freedom experience.

### **What is a Survival (Self-Preservation) intention?**

These body level feelings become the non-conscious beliefs (now we call them body beliefs) that drive MOST of our behavior.

- It is a decision you made about what YOU must do to survive in this world (to avoid pain/trouble)
- It is a decision you made about what you must NOT do to belong in this world (to avoid pain/trouble)
- An intention to: Keep safe - Stay small - Fit In
- An intention to stay out of sight - avoid trouble
- Your story of where you fit in the world
- Your beliefs about how the world works for you

- An intention to avoid disappointment; don't ask for what you need; do not go for what you really want
- **Often the Self-Preservation Intention “explains” why you “do what you do” or “don't do something you want to do” in your current situation.**

### **Key Distinction: Pattern Language**

1. Pattern language is a phrase that captures the essence of the experience.
2. You want to find a phrase based on what is shared about the earlier moment; it really captures the energy and emotion of the experience; as close to the words of the age of the memory as possible.
3. don't try to be nice about it NOR judgmental
4. shine the light on it by stating it plainly
5. if it was a painful decision to make about life state it in a way that captures the "pain"
6. emphasize that this is a pattern of thought
7. The player can probably think of many instances where it played out in a similar fashion after the original time; This is because once we make a decision about how the world works, the world works that way.
8. We mostly see and experience the world around us based on the patterns that are already in our minds. Until we use Inner Freedom that is ;-))

**We become what we see in the world. We see in the world what we have become.**

### **Examples: Language patterns we use to keep ourselves safe**

- > "Nothing I do is enough so it is best if I don't try too hard".
- > "If I win I will suffer, so I won't win".
- > "If I go for what I really want I will be rejected or disappointed, so it is better if I don't ask".

### ***Expand your ability to create maximum value and awareness from “memory pops” (2010)***

There may be times with your player that you both want to deep dive into the experience coming up in a memory pop. These notes from the early version of the Method will illuminate your path.

Note we used to call the body belief a survival intention. In this text I have changed it to a phrase more in line with our current version: self-preservation intention.

### **YOUR capacity to feel affects your player**

1) Your Coaching Presence is a HUGE gift.

2) A player will only share a memory that they feel YOU can handle.

“If I can’t share my pain with you, without you trying to fix it, I can’t tell you anything.”

3) You can talk about anything YOU are comfortable with

4) If you are not comfortable talking about a memory...

a) help them make a plan for who they can talk to.

b) shift the attention to the present moment and how they can bring wisdom to the situation

There is power in your ability to see the perfection; the key to coach’s comfort is practicing seeing the perfection in life situations.

Seeing the perfection in a situation is a HUGE Self-Worth building for the player.

**To get a memory pop...**

After having the player feel the energy in the body,

**ASK "when was the first time you remember feeling this sensation in your body".**

WAIT and LISTEN.

Then move forward with the method.

### **Key points about how emotional energy gets stored in the body**

Any experience that has MORE emotional energy than you are equipped to handle at the moment - will be stored in your body.

MANY events that were emotionally overwhelming to you as a child will be seen as "normal" or " part of life" as an adult.

AND ... THIS IS IMPORTANT: Death and violence ARE a part of life. Sad, and true.

You will have players with memory pops where they were the victim of violence; physical, emotional, mental; you need to be prepared to be charge neutral (judgment-free) for these explorations.

Sometimes they will be the perpetrator of violence or the cause of a tragic event; you need to be prepared to be charge neutral (judgment-free) for these explorations.

### **What to do when the memory pop reveals an experience of violence or tragedy...**

1) Be fully present - compassionate AND not getting lost in the story or taking sides

2) Warmly matter of fact - you embrace that this happened - RELISH TRUTH

3) Recognize the perfection - you hold the deep truth that no matter what happened there was “a perfection” to how they chose to respond in that experience; not necessarily to the experience itself.

Somehow what happened fueled them through life in some way that served a greater purpose for them.

4) Don't DWELL on what happened!

Go right into - what conclusion did you come to about life?

How did they find a way to survive the situation; to “play safe”.

This is where you will find the pattern language of the self-preservation intention.

**One fact that cannot be disputed: they survived!**

5) Move through the method - focusing next on what is the perfection of self-preservation intention.

How did it protect you?

Or

How did it propel you forward in life?

**BIG INSIGHT:** In an violent situation there is often an inner response that fuels growth: I am going to prove to you that I AM somebody.

OR, it is not true what you are saying about me.

Or, I am going to make sure this never happens to me again.

**This "I will show you" is a POWERFUL source of fuel that may have propelled your player forward in life.**

## **How to deal with a memory pop of a traumatic moment**

1) Remember, they will only share the details if they feel safe with you, that they feel that YOU can hear it. The benefit of hearing a little bit of the detail is that it supports the conversation to understand and articulate the self-preservation intention. BUT... it is not essential.

2) If they share something that YOU are not comfortable talking about, ask them not to get into the details. Move the conversation toward the survival intentions that came out of the moment

3) As a coach you can talk about ANYTHING that you feel comfortable talking about. You are a life coach. so anything in life is possible to talk about. (Even if you think of yourself as a business, career, executive coach etc. you are still in the domain of a “life” coach. So be prepared for ANY part of life to enter into your coaching conversations.)

4) Many coaches fear that talking about past moments that were traumatic is doing therapy. It is not! Talking about past moments is a fully human experience and cannot be “owned” by any profession. It is only therapy if you claim or attempt to heal it in some way. You are exploring the past moment to come to co-create awareness of the self-preservation patterns to contrast them with the intentions of your Dream.

5) As a byproduct, it is often a "healing" experience. But this is not your focus. Remember you are not trying to release it or fix it.

## ***The Three Shifts (2010)***

In the Player Playbook I shared a model of the 3 Energy Shifts that are facilitated by the Inner Freedom Method. I love this model

In this section is a collection of notes from the 2010 version of the Inner Freedom Class. I think you will find them complimentary to the new descriptions.

A lot of this content was gathered from in-class conversations with Life Coaches.

### **Understanding Frustration and the shift from control to co-create**

#### **The experience of Frustration**

This is a collection of comments from students in class

- Unfulfilled expectations
- Worse than expected
- Things don't go according to plan
- I know my purpose but it is not happening
- I am not sure what I should be doing and trying so many things and not getting results
- Everyone else can do it but I can't
- This is not fun, I can't, why am I doing this? I am full of doubt.
- Trying to do something but it is not working
- I have a picture of results - the way it should be but it's not happening  
AND - I keep going for it – I am not in apathy

#### **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
- Results
- The outcome
- The steps to an outcome
- Circumstances
- The environment
- Our own reactions / perceptions

#### **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.

This state is also called being in tune with “what is”.

## **Isolation and the shift from React to Respond**

**From React to Respond by “Thinking holistically”**

**Transformational Shift: From react to respond**

React - your mind supports your Preservation intention (usually keeping safe, staying small or fitting in)

Respond - Your mind chooses to support your Heart’s intention to play BIG

Your mind is your ally when you can think holistically – by seeing the whole picture - about the current situation without emotions from the past clouding the picture.

This is why thinking comes AFTER feeling the energy. When your body is feeling buzzing energy from the past it will focus your thought process on preservation.

When you feel the energy your body feels safe and then your mind is free to think thoughts that are aligned with Playing BIG.. This is when your mind becomes the ally of your dream.

Another BIG point here: When you practice feeling into the energy caused by earlier moments in life, you can then more clearly feel energy related to present- moment intuition. There will be times when what you feel in your body is a “knowing” that IS related to what is happening now and that your conscious mind should pay attention to.

Key Point...

What are often described as “Negative thoughts” are almost always thoughts serving a PRESERVATION – non-conscious – INTENTION to keep safe, stay small or fit in. And they are serving IT in a positive way. There is nothing wrong with the thoughts you have.

All thoughts serve a purpose. They may NOT be serving your new Heart’s intentions for playing BIG – but they ARE serving something.

Your mind is powerful and we will make it the ally of your dream by creating awareness of the PRESERVATION INTENTION, seeing the value it has had and then choosing a new intention. “Personal Growth” occurs when you expand your palette of intentions and corresponding beliefs and consciously choose the ones you want to focus on right now.

## **CREATE New Pattern Language**

With your player in a relaxed and open state you begin to explore with them options for new Pattern Language.

This new Dream pattern language creates a CHOICE that is a step beyond the PRESERVATION Intention Pattern Language.

## **Overwhelm and the Capacity to Feel = resist to allow**

### **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 -
- The experience is feeling frozen - stuck
- I don't know what to do
- You KNOW with your body - your body is your non-conscious mind  
You THINK with your conscious mind using reason and logic
- The expressions "I know in my heart" or "I knew in my gut" are not metaphorical. They are physiological reality
- When you resist feeling you disconnect from your body - your body is where you KNOW  
This is why you feel like you don't KNOW what to do.
- **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

### **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 body awareness exercises. 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.

Also, when a present moment is energetically similar to a moment that is stored in the body, your body will BUZZ with stored energy.

Going into “overwhelm” is like a “breaker switch” for the pipe. Instead of flowing the energy by feeling it we store it and go numb to it or release it with a physical reaction like crying or laughing.

This is also the explanation for the myriad numbing activities (when done to excess) that humans are known for: alcohol, drugs, television, web surfing, social media scrolling, porn, shopping, caffeine, sugar.

### **What about "too much to do" overwhelm?**

You can only do what you are doing right now.

Overwhelm is caused by the feelings you have about what you are NOT doing.

Or the possible consequences of what you are not doing.

### **What about "too much information" overwhelm?**

This is usually caused by intense feelings of fear of disappointing yourself or someone else because of what you won't be able to do if you can't retain all of the information.

## What about "too many choices" overwhelm?

This is caused by intense feeling of loss about what you don't choose; or the fear of choosing the wrong thing.

## Why expand the capacity to feel?

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

## The benefits of expanding the capacity to feel?

- Greater access to wisdom
- Less experience of overwhelm
- Great ability to stay "present" in the moment no matter what is happening or not happening
- doing the feel the energy exercise is like going to the "body awareness gym" to expand your capacity to feel

Key point: A BIG part of coaching is to help your player expand capacities.

***The Bottom Line: Feeling Capacity is like a pipe - expand the bandwidth so more energy can flow - less overwhelm, less freezing, more presence, more freedom and power in the moment***

## Class #07 Prep

We will explore a few of these questions in class.

### *The Inner Freedom Method Review*

1. Describe step 5 = Explore Superpowers
2. Describe step 6 = Find the Perfection
3. Describe Step 7 = Embrace the Flow of gratitude
4. Describe step 8 = Make your mind the ally of your Dream
5. Describe step 9 = Preplay the moment with new awareness

In a hero's journey every challenge reveals either a hidden superpower within the player OR an unseen support around the player.

***Question: Describe the Pull... between the social safety instinct and your dream. Either the concept OR an example from your life OR an example from a player***

## **Chapter #08 – Make Your Mind the Ally of the Dream**

*“You can make more progress toward your dream by playing with a few high-impact social risk activities than a month of safe, under control tasks in isolation.”*

-Coach Dave Buck ;-)

## Chapter #08 Prep

### Before Class

[Read through the complete coaching guide for Session 8](#) (Page 62)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 8.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 8](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 8. Here is the outline:**

### *Coaching Notes for Session #08 - The Whole Method + Role Play*

We did the Role Play + Inner Freedom Method combination a few sessions ago. So your player will be familiar with this experience.

Now is your opportunity to raise your game a little bit!

You do this by challenging your player to practice a conversation for influence that has high social reward potential.

You can raise the level by encouraging your player to practice using one of their superpowers in the role play; maybe a power that they might feel some fear about expressing.

You can also raise the level by spicing up the challenge that you provide as the other person. You can add twists into the situation that will spark their fears.

These are just ideas! It is the role of the coach to provide the level of challenge that will best help your player grow; remember to observe your player closely as you play together.

### Quick overview of the flow

- a) **Step 0:** Choose a conversation to practice
- b) **Step 1:** Replace the Preplay with a Role Play
- c) **Call time-out** in the Role Play
- d) **Do the Inner Freedom Method! Especially... find a Superpower to practice.**
- e) **Go through step #9** Preplay the Role Play (with Dream Language)

**Note for class:** with your class partner, the key is to practice the flow of Role Play – Inner Freedom. You may not have time to go deep into steps 3 and 4 in class.

**For Step #8 you need to** expand your ability to create new pattern language

This is from Step 8 Coaching Guide: Make your mind your ally

\*\*!!\*\*

**ASK:** *What is your HEART'S intention in this situation?*

**Listen.** Also you can remind them.

**SAY:** *Let's create a **short phrase** that captures the essence of your HEART'S Intention to step into the Growth Zone.*

**PLAY WITH THEM!** 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 HEART'S Intention.**

\*\*!!\*\*

The **Short Phrase** is called Pattern Language. There is not a precise way to do this because it is a co-created exercise. In this and the next few sections I will share with you a bunch of ideas to help you understand how to approach this step.

**Pattern Language – a quick definition:**

- 1) A phrase that brings an experience to life.
- 2) It captures the energy essence of something/experience/place
- 3) It is often a simple statement of capability.

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

You want to find a phrase for WHO the player wants to become, what they see themselves doing or a new belief they want to energize to counterbalance a Social Safety Body Belief.

A few examples are:

- I am really creative when talking to potential customers.
- It's good for me to ask for what I want.
- I am allowed to win.
- I can enjoy what I am doing.
- It's safe for me to express my XYZ Superpower

**Here are few steps to identify the Heart's Dream intention pattern language.**

Step 1) as your player is sharing about the Heart's Dream intention and who they want to become to create the new results that they desire. As they share, you listen for a phrase that seems 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.
- Watch out for standard "affirmations": that attempt to make something true by saying it over and over. These are not helpful when creating new pattern language.

In step 9 of the Method you will use this phrase to guide your player to Preplay the Pivotal Moment while feeling the new pattern language.

## Additional Note about Pattern Language

In the World Power Method Coaching Program you will learn a lot more about creating and using Pattern Language to design a winning environment.

### GO TIME!

In the Play Plan Section you will challenge your player to level up their play in some way. Here is the section from the Coaching Guide:

!!\*\*!!

### 5) PLAY PLAN ~ FOR THE DAYS AHEAD

**SAY:** “OK, let’s add a little *juice* to our Play Plan for this week. We have four sessions to go in this series so we like to call it “Go Time!”

**ASK:** “How can you level up your **ACTIONS?**”

{Coach: listen and **DEFENITELY SHARE** an idea or two; recommend actions with more social risk; actions that will call upon the superpowers they are rediscovering}

!!\*\*!!

Two points here:

- 1) You can use a word other than “juice” if that is something you would never say. ;-)
- 2) As you plan for this session with your player, think of “Go Time” ideas for them. Even if your player is on board with “Go Time”, they may not be able to think of ideas for actions that increase their social risk. Be prepared to offer a few suggestions.

## Coaching Notes Playsheet

YES! Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

### *Inner Freedom Method Step #8: Make your mind the ally of your Dream*

In Step 2 we guide our player to notice the thoughts from the Pivotal Moment experience with judgment-free awareness. Usually these thoughts are aligned with the Social Safety Instinct and the Preservation Zone. They mostly advocate the reasons why they shouldn’t or didn’t do the action their dream was asking for.

The culmination of this state of mind comes in Step #4 when we help our player articulate the Body Belief: It’s not safe for me to... {fill in the blank}

We make sure this phrase is a powerful pattern language that the player can see and feel.

### Now in Step #8

Now in Step #8 we create a new phrase that speaks the intention of the player’s Hearts Dream! We also want this phrase to be an equally colorful phrase that the player can see and feel.



We do this for 2 BIG reasons.

1) To create a clear contrast between the 2 honorable forces: Social Safety and the BIG Dream; a contrast that presents a clear choice for the player. Also the player can see clearly the social risk and the social reward. This makes it easier to get energized by the potential reward!

2) To create a compelling Dream Energy that the player can FEEL when we go into Step #9 to Re-imagine the Pivotal Moment with social safety and new found freedom.

This is a lot of fun. The key here is to spend the right amount of time on the language. It's good to tease it out a little bit, BUT don't get bogged down on trying to wordsmith the perfect phrase.

Let's explore for a moment this "thing" that is super important in coaching and one of the most important concepts created in the 20<sup>th</sup> Century!

### **CREATE New Pattern Language**

With your player in a relaxed and open state you begin to explore options for new Pattern Language.

This new pattern creates a CHOICE that is a step beyond the Pattern Language of the Social Safety Instinct.

I have experienced that sometimes when the player speaks for their dream it comes out too big; the vision is too ideal and too far from where they are now. This is understandable because our Dreams are BIG.

I often encourage the player to embrace that BIG language but also to hold it as a future possibility; meanwhile, let's find a phrase for what our dream wants that is equally energizing AND accessible now. Let's find a phrase that describes the next step for who they can become and what they can do.

This is a bit of a balancing act for the Coach! Use your intuition and your sense of the player to guide them toward the sweet spot of empowered and possible.

### ***What is Pattern Language?***

From the Player playbook we call it colorful language rather than Pattern Language. A good way to explain pattern language:

- The words paint a picture you can see.
- The words describe an experience you can feel.

### **Pattern Language**

A Pattern Language was first distinguished by the Architect / Philosopher Christopher Alexander in the Book: "A timeless way of building".

A pattern language captures the essence of an experience.

As a quick aside to the importance of this concept to the 20<sup>th</sup> Century and how it has impacted the 21<sup>st</sup> Century: All of the new computer programming languages – especially the ones used to create the apps on your phone – are based on the concept of Pattern

Language! As are almost all architecture and community design projects – especially “Green Architecture”. Yeah... pattern language is a powerful concept.

People speak in patterns and create in patterns; some patterns bring the person to life, some drain the person of life.

When you tune into your player, you will hear the phrases that have strong energy - both enlivening and draining.

As we go deeper into the Inner Freedom Method the big idea is to tune into the phrases that have energy as you go through the steps.

Then you can help them create a new experience of life by creating new language patterns.

The BIG POINT - if you just try to create new language without first creating freedom around the existing social safety beliefs it usually falls flat. This is why just saying new affirmations rarely brings about change.

### **Abera Ca Dabera**

We have spoken about this a few times now. It is essential to understand the power of words in the Human Experience.

I shared with you the Aramaic Power Phrase used by magicians:

Abera Ca Dabera:

It translates to: I create as I speak

It was first used by Harry Houdini who was a great escape artist.

While we all use language to report or describe our lives, we can also use generative language to CREATEs our lives.

We have the power to use pattern language to create moments and experiences when we feel alive. The Life Coaching experience is built upon the generative power of language.

Let's make a quick side excursion into one of my favorite subjects!

### **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 social safety instincts and preservation intentions.

Your spiritual connection holds your Heart's intentions / desires to contribute

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 Mind operates in physical sensations and it activates pictures in your mind; not 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.  
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**

***Your Ascending Shape of Laughter;  
aka The Potters’ Wheel***

*“Let my words become like a skilled potters hands.  
Quieting, smoothing your life with their knowledge.  
Reaching into your tender Heart and spreading you out.  
Like the morning, that leaps from the suns’ amused wink  
Onto hills, brows, and the backs of so many beautiful laboring beasts.  
  
God’s duty is to make perfect ALL of your movements;  
Of mind, and of limb and your ascending shape of laughter.  
Watch the way my hands dance,  
With their diamond edged brilliance cutting you open with music,  
Touching your heart and spilling that night sky jar you carry  
That is always so full of giggling planets and stars.*

*My words are like a divine potters’ wheel.  
If you stay near to me, please stay near to me.  
And I will spin you, into...*

**LOVE.**

**-Hafez (rendered by Daniel Ladinsky)**

***From React to Respond and Thinking “holistically”***

**Transformational Shift: From react to respond**

React - your mind supports your Social Safety Instinct (usually keeping you safe, staying small or fitting in; staying in the Preservation Zone)

Respond - Your mind chooses to support your Heart's BIG Dream; expanding into the Superpower Zone.

Your mind is the ally of your Dream when you can think holistically about the current situation without beliefs from the past dominating the picture.

This is why thinking comes AFTER feeling the energy. When your body is feeling buzzing energy from the past it will focus your thoughts on self-preservation.

When you feel the energy – in the safe judgment-free presence of another person - your body relaxes and then your mind is free to think thoughts that are aligned with Playing BIG.. This is when your mind becomes the ally of your dream.

Another BIG point here: When you practice feeling into the energy caused by earlier moments in life, you can then more clearly feel energy related to present- moment intuition. There will be times when what you feel in your body is a “knowing” that IS related to what is happening now; and that your conscious thoughts should pay attention to.

Key Point...

What are often described as “Negative thoughts” are almost always thoughts serving a Social Safety – non-conscious – instinct to keep you safe, stay small or fit in. And they are serving IT in a positive way. There is nothing wrong with the thoughts you have.

All thoughts serve a purpose. They may NOT be serving your new Heart's intentions for playing BIG for your Dream – but they ARE serving something honorable.

Very often my players have a residue of feeling bad about their social safety body beliefs. I often make a little joke by telling them that their social safety instincts are “world class”! And that this is something to be proud of. Meanwhile they now need to Amp up the power of their Dream so that the two forces are on equal terms. This often shifts them to feeling good about their Inner Being and feeling capable of the growth opportunity in front of them.

Your whole mind is powerful and we can make it the ally of your dream by creating awareness of the Social Safety Instinct / Body Belief, seeing the value it has had and then choosing a Big Dream intention or belief.

“Personal Growth” occurs when you expand your palette of beliefs and intentions and corresponding thought patterns and consciously choose one.

## **From React to Respond ~ out of isolation & deeper into playfulness**

When your body feels safe; your playful mind awakens!!

Creative, Connected, Exploring, Experimenting, Resourceful and Resilient!

And FUN!!

**A quirky point here:**

Remember back to session 1 where we were asking the player about reacting to challenges and mistakes and the feeling of isolation.

Meanwhile we talk about the Body Beliefs and Social Safety Instincts.

How are social safety and isolation both part of the same experience?

It's an artifact of the Industrial Age and the way we came to believe that we are not enough. Or we absorbed the body belief that "it is not safe to be me". (I have heard this one so many times) When we feel that we are not enough, social safety comes in the form of being isolated.

Plus the Industrial Age mantra to "do your own work" also gives us the idea that if things are not going well, the correct approach is to hunker down by yourself and figure it out; or do more tasks; to work your way out of the trouble.

One of our big jobs as coaches is to re-introduce our players to the joy, effectiveness and fun of co-creation. AND we need to upgrade our player's beliefs to include that they are worthy and capable of both partnership and support.

This is the reason behind my constant refrain:

**The World is a playground and we are here to play together!**

### ***The Coaching Perspective on Go Time!***

In the Player Playbook I shared with your player about the Coaching Proficiency: Expands the Players Best Efforts!

So they know what is coming! ;-)

They may be really excited about who they are becoming and what is now possible. They may be able to see some fun and challenging ways to rise up over the next few weeks.

Or... maybe not! It may be up to you.

As you have been observing your player for quite a while now, what do you see in them?

What are they capable of doing that would further stretch and strengthen their playfulness and Superpower expression?

Remember, we are all waiting for someone to see us and ask us to contribute what we are truly capable of.

### ***Class #08 Prep***

We will explore a few of these questions in class.

#### **Part 1**

Set up:

Come into Inner Freedom Session in frustration.

You notice reactive thoughts with JFA

Your mind is focused on Self-Preservation.

You FEEL energy WITH the coach

You explore the Perfection of the situation you are in...

THEN... your mind opens up to new possibilities!

Your mind can imagine for your dream!

The Coaching Question is: What does your DREAM want you to do??

Small Group Question: what does this question mean to you? what are your experiences of this question as player AND Coach?

## Part 2

### #6 Find the perfection in the situation

In the method

A) Find the perfection of the Early Moment

B) Find the perfection of the current challenge

The concept.

This was a BIG point from the teachings of Thomas Leonard.

Recognize the perfection.

This can be seeing how the situation you find yourself in is serving YOU and your dream.

Question: What is the purpose of recognizing the perfection in a situation?

## Part 3

### *Expand Your Band*

Getting In Trouble... Your belonging is threatened.

Painful Consequences for an action.

As a little child... you got IN TROUBLE for a lot of different things... including being yourself; expressing yourself.

As a child in school... you got IN TROUBLE for making mistakes; for expressing creativity; for not understanding;

As an adult at work... you got IN TROUBLE for disagreeing with the boss or for having an idea.

The Inner Freedom Phrase: It's not safe for me to... \_\_\_\_\_

You have hundreds of these in your non-conscious mind.

Anything after It's not safe for me to... Is in the "not allowed band"

Often I hear : Oh! I would never do X!

*Question: Name a few activities that are possible to do, even reasonable to do, other people seem to be able to do them, but for you it seems like you are not allowed to do them. They are in the PLAY BIG Zone so you need to expand your band!*

## **Chapter #09 – Preplay the Pivotal Moment**

### **Plus: Intentional Co-Creation**

*“When you preplay a moment in your imagination AFTER feeling the energy in your body and speaking the desires of your dream, you are able to move your energy out in front of you; into the future.”*

*-Coach Dave Buck ;-)*

## **Chapter #09 Prep**

### **Before Class**

[Read through the complete coaching guide for Session 9](#) (Page 71)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 9.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 9](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 9. Here is the outline:**

### ***Coaching Notes for Session #09 - Intentional Co-Creation***

This is a truly powerful and fun add-on to the Inner Freedom Method.

The change is to pre-play a sequence of actions and results rather than just one action.

The player notes for this technique shows a few examples.

The first key difference the session from the coach's perspective is co-creating the sequence of 4 - 6 events. The important thing here is to focus the player not just on what they are going to do but also to visualize the impact on another person. By doing this the player can push their energy out into the world; out into the future.

A key to the impact vision is to envision just ONE other person. Even if their desire is to impact many people with the action, you have them focus on one.

While you are co-creating this with your player take notes using key phrases; there is a place to do this on the Coaching Notes sheet for the session.

The reason for this is because step 1B is different in this session. When they close their eyes to pre-play the sequence in their imagination, YOU are going to slowly read the steps back to them.

Share it like you are narrating the events of a story or a movie. Bring energy to your voice as you read it. You want to really invite them into the story as you read it back to them.

Let's walk through the steps and review the differences to the standard Inner Freedom Method.

#### **Step 2 Reviewing thoughts**

Hopefully the player's thoughts are providing ideas about the positive experience. But if they are having doubtful thoughts, then you know to proceed with the standard Inner Freedom Method.

#### **Step 3 Feel the Energy**

The next BIG difference to this version of the method is that you are aiming for the player to feel positive as they preplay the sequence. You hope that it gives them a feeling of joy and anticipation rather than fear.

You will have them feel the energy; but now you are guiding them to find the physical sensation of joy or excitement.

### **I am now ready to...**

**In step 4** you will guide them to give voice to the body belief of their Hearts desire using the phrase: I am now ready to... {fill in the blank}

Take your time on this part! This is when the players dream is finding it's voice!

Hopefully **step 5** provides a vision of a superpower coming out for expression in the scene.

**Step 6 is a different Supermind access question.**

In step 6 you aim to tap into the Supermind by wondering what insights of wisdom are available to flow in from the vision of the intention. When you speak and feel a Dream it is a magnet for energy, ideas and experiences. The practice is to be open to what comes to you.

**Step 7 is a different gratitude access question.**

You ask them to see the growth opportunity in the vision and to feel the gratitude for their dream unfolding into the future.

It's powerful!

**In Steps 8 and 9**, you double clarify the Dreams intention for the sequence of events and then walk through the steps one more time to really get the energy out there!

### **What if the vision brings up fear?**

In this session we hope the player feels the positive energy of the future vision. BUT, as I mentioned in Step #2 above, it can bring up fear as well. You will know this by how they respond in Step #2 when they describe the thoughts going through their mind.

If the thoughts sound fearful or resistance etc, abandon this version of the coaching guide and revert back to the standard Inner Freedom Method. Quickly flip to the Coaching Guide for Session #7 and pick up at Step #3 – Feel the Energy in the Body.

### **GO Time**

The purpose of Go Time is to challenge your player to PLAY Bigger; to tap into their emerging freedom. We really don't know that we have more freedom until we try to do something we wouldn't try before.

I shared the Coaching Proficiency Expand the Player's Best Efforts with them so that they would know that this is your job!

The Intentional Co-Creation technique with the Inner Freedom Method is designed for your player to feel that they can play to impact other people even though they cannot control the outcome.

They may have lots of ideas.

But they may need you to give them a boost!

What can you request of them?

What can you invite them to do?

Thomas Leonard often said that our players are waiting for us to ask them to do something amazing!

### **Ideas to RAISE the DREAM (just a little bit)**

What do they REALLY WANT????

What could they dream if they weren't limited by what they think they can do by themselves?

What is the impact they want to have on others in the world.

You can encourage them to start to grow a DREAM TEAM!! (This is a precursor to session #10 World Power)

## **Coaching Notes Playsheet**

YES! Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session.

The chunk for the Intentional Co-Creation steps may not be big enough to use during the session. I recommend writing the key words on a full sheet of paper. Then after the session add the essential words for the steps onto the Coaching Notes Sheet.

### ***Inner Freedom Method Step #9: Preplay the Pivotal Moment***

#### **With Aligned Energy!**

This is where you go back to the Pivotal Moment from Step #1 and replay it in their activated imagination with aligned energy to create a new picture.

SOOO POWERFUL!

As the coach, you encourage them to feel the Heart's intention for their Dream by re-stating the new Pattern Language that you identified in Step #8.

You give them some space to imagine the experience going beautifully - in the best way they can see it. In the coaching guide there are some encouraging words to share at a slow, even pace while they are in the visualization.



Then after the player does the visualization, ask them to describe what they saw. It is empowering for your player to be able to speak their imagined experience. And this will give YOU important insights into their current level of inner freedom.

Can they allow themselves to see a new experience? What level of detail can they see and share?

AS you listen you will pick up on phrases that have more energy for them. YOU will be able to feel it as you listen.

The point here is just to get a sense of how fully your player can see themselves in the action that you were playing with together.

### **Control to Co-Create with... (deeper)**

Moving from working alone and attempting to control to co-creating with others and with life is a HUGE shift for all of us who grew up in the Industrial Culture. Co-creating is the natural human way... however it is NOT the way of the Industrial Age.

So as you guide your player in this direction, know that you are guiding them into one of our Human Superpowers! We are playful co-creators.

As a Life Coach you are their role model for co-creation! You are co-creating the coaching experience with them. They will feel that you are co-creating their dream with them as well.

You are modeling by guiding but not controlling; by playing situations with them; by sharing without attachment.

Their co-creative relationship with you will encourage them to co-create with others; to form a Dream Team! We will get into that a lot more in the next Chapter.

Another important aspect of the Inner Freedom Method and Energy Alignment is for your player to cultivate the perspective that they are co-creating WITH life. Your player can develop an open connection to “The Supermind” and feel in the flow of wisdom, energy and synergistic events. Life Coaching is a catalyst to this perspective.

This is very different than a more common perspective that we need to overcome all obstacles; that life is a “Me against the world” experience.

We need Inner Freedom in order to co-create!

We have to KNOW that we are worthy of co-creating.

We have to KNOW that we have value to contribute to life

We have to KNOW that our dream is worthy of being supported.

For most folks this level of inner knowing requires quite a bit of personal growth!

That is what you are providing as an Inner Freedom Coach.

***Voila! Life Coaching. ;-)***

### ***Celebrate Breakthroughs... boost Self-Worth (2010)***

Speaking of knowing that we are worthy of co-creating, this section of celebrating breakthroughs from the 2010 version will provide some good clues on this experience.

By playing BIG in the Inner Freedom Method class you will co-create breakthroughs for yourself and with your players.

What constitutes a breakthrough?

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

- You identify a Pivotal Moment of Social Play that you aim to play better
- You experience a feeling of judgment-free awareness for yourself or someone else.
- You are able to notice and feel into a physical sensation in your body.
- You experience a memory pop that creates a big awareness of a body belief.
- You reveal a superpower that had been hidden behind a social safety instinct.
- You see the perfection of a body belief 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 about the value of your dream in your life.
- You are able to open your mind to the possibilities of your dream.
- You can envision yourself taking a dream action in your imagination and seeing the desired impact on another person.
- You take an action that was outside of your preservation zone (outside your band or allowed activities) WHILE feeling the energy in your body.
- You co-create a result with another person that had been eluding you.

Basically, in my mind, every step of the Inner Freedom is a breakthrough worthy of celebration! Every step is a step away from the constraints of the Industrial Age Mindset aiming to keep you obedient and under control. Every step is a step toward FREEDOM!

It is super important to notice, claim and share your breakthroughs because they facilitate a HUGE boost to your self-esteem; the feeling of being capable and worthy of FREEDOM.

## **Class# 09 Prep**

We will explore a few of these questions in class.

*Question: What are you doing for “Go Time”?*

*Step #9 – The shift from Control (Frustration) to Co-Create (Trusting)*

*Question: share your experiences as a player of the action layer. What was the pivotal moment – what was the shift from #1 control to #9 co-create*

*Intentional Co-Creation*

*In small group: practice sharing your sequence of actions and results*

*Practice listening to sequences to make sure the impact on the other person is clear; make sure it is not a list of tasks they can do alone!*

## Chapter #10 – The World Power Connection

*“There is a central quality which is the root criterion of life and spirit in a person, a town, a building, or a wilderness. The quality is objective and precise, but it cannot be named.*

*The search which we make for this quality, in our own lives, is the central search of any person, and the crux of any individual persons story. It is the search for those moments, and situations when we are most alive.”*

*-Christopher Alexander  
“A Timeless Way of Building”*

## **Chapter #10 Prep**

### **Before Class**

[Read through the complete coaching guide for Session 10](#) (Page 77)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 10.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 10](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 10. Here is the outline:**

### **Coaching Notes for Session #10**

Session 10 is another Role Play + Inner Freedom Combo; with a little extra twist.

You are introducing your player to the life changing possibility of upgrading their people environment to create a Dream Team for the Superpower Version of themselves.

This takes WAY more than one session! But the it is an idea that will really stick with them and guide them over time.

AND – side note – You can share with them the possibility of doing at 12 Session World Power Series with them to really bring this idea into their life!

At this point though the big idea is to invite them to Role Play what we call a BIG ASK of someone in their People Environment.

#### **Social Risk & ASK your Dream Team**

The key is to challenge your player to practice a conversation with some social risk.

This could be asking someone they know to support them in a new or more proactive way; to become an active part of their Dream Team.

You may need to offer a few suggestions, so be prepared for the session.

#### **Going deeper with Role Play?**

Another big point about this session is to show your player the powerful growth potential in doing role plays with you on a regular basis. This can set the stage for a long term engagement because they see the power of growth oriented practice.

This can be an excellent opportunity to do a Reverse Role Play!

Reverse Role Play is a wonderful way to use your creativity and share your knowledge of a situation your player is facing. You play the part of your player and your player plays the role of the person they want to talk to.

This will enable you to:

- Give them a demonstration of a different way to approach the conversation
- Express their superpower so that they can experience what it could sound like. Often it is powerful to exaggerate a quality for your player to observe.
- See what they actually have in mind as the perspective of the other person.

It is powerful and fun!

This is what powerfully playful coaching can be.

## Coaching Notes Playsheet

Write a few notes on the Coaching Notes Playsheet. Keep doing this during or after every session. Hopefully you experience this as a valuable part of your coaching process now!

### *Create a place of belonging for SUPER YOU!*

In the Industrial Culture we learned – by observing – to treat each other very badly.

- Actions judged
- Ideas shamed
- Needs disrespected
- Unique qualities or characteristics blamed
- Accomplishments ignored
- Manipulated with lies or false promises

Together, we could make a very long list of these ways.

I bring this up for a couple of reasons.

It is very easy to descend into apathy and conclude that Humans are trouble. I want to encourage you to advocate for Humans are amazing, BUT in a dehumanizing environment, bad things happen.

In other words: Hurt people, hurt people.

We can uplift the Human family one person at a time.

Along these lines, since we all grew up in this dehumanizing culture, it is easy to go numb to it, stop noticing it AND – as we have seen – even act to preserve it. Yikes!

So it may take a lot of observing and sharing on your part to encourage your players not to tolerate an environment that treats them badly; even Industrial Culture normal bad.

You can encourage them to make moves to ask for better. You can point out to them that they are worthy of more.

With your coaching, they can find or co-create an environment of belonging that treats them very well; An environment that embraces the SUPER YOU that they are becoming.

### *Recognizing Perfection expands your self-worth (2010)*

This section from the 2010 version provides some additional insight to our focus in Chapter 7. A note about a word: in the 2010 version I was using a commonly used word

“The Universe” to describe the “all that is seen and unseen” that is all around us. For this new version I have backed away from that word to get disentangled with various spiritual constructs. For the new version I am using the word “The World” to describe the “all that is seen and unseen” around us.

Seeing the Perfection in both the current situation and the Body Belief / Preservation intention is an essential part of the Inner Freedom method.

When you see a current situation or a Body Belief / Preservation intention from the “Perfection Perspective” it greatly increases your self-worth. This happens because you begin to see that the World is on your team and conspiring for you to fulfill your dreams. When you see “life” or circumstances or “the World” is conspiring against you it depletes your self-worth.

When you see that the World is on your team to fulfill your purpose it helps you move from attempting to control to co-creating with the universe and “what is”!

### **Upgrading your perspective on Good and Bad**

How did we come to see that the World is conspiring against us?

When we are small we perceive everything in the world as directly related to ourselves. We learn from the big people around us that:

Good things happen to good people and

Bad things happen to bad people.

The big people are not being malicious in teaching this to the little people, it is just how THEY learned to manipulate little people into doing what they are told to do; to devolve them from wild and free to obedient and subservient; AKA the Industrial Way of Hierarchical Control.

**So we learn to think that when anything bad happens around us or to us it must mean that we are bad.**

This perception quite naturally finds its way into our social safety instincts and becomes a pattern of feeling and a way of seeing the world.

However with practice you can see the world of your personal circumstances and events in a new way

### **You can practice seeing the perfection in “bad” things**

- Preservation intentions from earlier experiences (choices to stay safe) - how they served you in becoming who you are today.
- Current challenges and situations – how they are serving you in becoming a bigger player

### **How can a challenge serve your intentions to play BIG?**

- **It is asking you to expand who you are in the world**
- **It is serving your intentions to add value to the lives of others**
- By fueling your desire to accomplish something
- By bringing awareness to what really matters to you

- By bringing awareness to your deep desires (or awareness of what you don't desire)
- By expanding your capacities to add value to others

Imagine your Dream has created this situation to challenge you to step up.

### *How we learned to fear our self-expression (2010)*

As you learn to play with FEAR and step up to the big dream actions that are out of your comfort zone, it is super valuable to understand where some of our deep fears come from.

A great example is how we come to fear our own self-expression.

The archetypal story goes like this:

When you are a very young child you learn how to draw with crayons or water paints or something similar. Then you get the bright idea to decorate the wall in your bedroom with your newfound artistic skills. In most cases this makes the big people really upset and they start yelling... or worse.

This archetypal story can take many different forms – painting, singing, dressing up, building something out of “parts” you find around the house - but you get the idea.

When you are small and something like this happens you don't have the perspective to understand why the big people react the way they do. For example, maybe your parents went through a big challenge to have the room painted and now it is “ruined”.

The “play safe” conclusion that you develop can take many possible forms.

Here are a few examples:

- People get mad when I create something
- My art must be ugly
- I should not trust my own ideas

### **Our biggest FEAR is our own Super Powers**

Another very common human experience is when you express an aspect of yourself or a quality that is natural for you BUT creates a negative experience in some way.

An example would be a young person with natural leadership skills attempts to “take charge” in a situation but instead of being rewarded you are scolded or belittled in some way by the “BIG” people.

Another example is a young person with a natural sensuality that attracts intimate attention. This can be a super power when used to create intimate connections that forward a shared purpose through profound relating. However it can also create unwanted affection that can lead to “dangerous” situations for a young person. So it is easy to understand why someone would put a lot of non-conscious energy into suppressing sensuality and intimacy.

Every individual has their own unique version of this common story. This is why most of us have non-conscious Social FEARS of expressing our natural unique capabilities.

## ***Class #10 Prep***

We will explore a few of these questions in class.

*Question: Share an example of something that you once viewed as bad that you know have a more neutral perspective or even a perfection perspective?*

*Question) Describe an environment safe for your superpowers*

*Who / what do you need to ask for?*

*Question) Practice talking about what your dream wants you to do.*

*What are some specific ASKS you could make?*

## **Chapter #11 – The New Super YOU!**

*“The fear which prevents us from being ourselves, from being that one person unique in all the world, from coming to life – that may mean nothing greater than the fear of giving up the image of a certain job, an image of a certain kind of family life”*

*- Christopher Alexander*

## Chapter #11 Prep

### Before Class

[Read through the complete coaching guide for Session 11](#) (Page 83)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 11.](#)

(this is a link to the Player Prep SoundCloud audio)

Note: this audio is long... about 40 minutes. I re-recorded it several times to make it shorter and every time it got longer! So... take me along on a walk. ;-)

[Listen to Coaching Demo of Session 11](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 11. Here is the outline:**

### Coaching Notes for Session #11

With your player this is a “standard” session where you choose a pivotal moment or a pivotal conversation and then play with it together and explore the social fear.

A regular pivotal moment: use Coaching Guide #11

A Role Play session: use Coaching Guide #10

An Intentional Co-Creation session: Use Coaching Guide #9

### Speed Drill

In class however, we will do something a little different in our partner practice time: = Speed Drill.

This is an important practice where you aim to do the entire method in 22 minutes!

The Coaching Guide for #11 has the entire method; with minimal {Red Coaching Notes}

To do this you need be really familiar with all of the steps so that you can move quickly and avoid any deep dives on what your partner shares.

The point of this is to let the method do the magic AND so that you know in a regular coaching session you can do the Inner Freedom Method quickly when you have limited time.

Another point is that you will see that you can do the short version of the method – Steps 1,2,3,4,8,9 – in just 10-15 minutes if you need to.

### Coaching Notes Playsheet

Write a few notes on the Coaching Notes Playsheet.

## ***Fear of unintended (and unwanted) consequences of success (2010)***

Often when we talk about the fear of success, what we are really talking about is the fear of unintended and unwanted consequences of success.

If you have listened to the sessions with Player Natasha you heard a great example of this. When she was a young girl her uncle offered her a prize of a new bicycle if she got the top grade in her class at school. She made a conscious decision NOT to win the prize because of the fear that she would be rejected by her sisters if she won the bicycle.

### **Let's explore a few more examples.**

You get a promotion within your company. Then your best friend who was your peer doesn't feel comfortable connecting with you anymore.

Your business starts making a lot of money. Then your sibling who is always struggling financially expects that you will support him financially because you have so much. Whether you do or you don't, this creates a ripple effect of discomfort throughout your extended family.

You are invited to speak at an event which is something you have been striving for. When you give your speech you share a few of your strong opinions. After the speech a few members of your community avoid you at meetings.

When you think about unintended consequences, it is powerful to really get creative about all of the possible negative things that could happen. This will do two things:

- 1) It will help you prepare emotionally for anything that might happen; this makes you mentally and emotionally stronger
- 2) It is a great way to exercise your imagination and embrace the idea that you can play with ANY social fear.

## ***Quick review – When to use the Inner Freedom Method (2010)***

There are several coaching situations where the Inner Freedom Method can be used to great effect.

### **Starting with the situations we have already discussed...**

- 1) When your player is not doing something they intend to do
- 2) When your player is powering through their own inner resistance to do something important. It is a struggle; they have to FORCE themselves to do it.
- 3) When something is not happening even though your player is taking action -a desired result is NOT being created

### **And in addition when...**

- 4) **They have hesitation or fear about something they are about to do**

It is very powerful to use an Inner Freedom "Pre-Play" to expand the capacity to feel BEFORE they do it.

- 5) **They say "I don't know" or "I don't know what to do"**

Remember: when someone says "I don't know" this means that they are not feeling their body. Thinking - logic and reason - are in the head / conscious mind; knowing is in the body.

So.. I don't know means:

- a) I can't figure this out with logic AND
- b) I can't access my intuition
- c) I can't access my intuition means I can't access the wisdom in my body

#### **6) If they say: "I am overwhelmed"**

Overwhelm happens when a person is not able to feel.

Overwhelm is not caused by too much to do. You can only do what you can do. So overwhelm is caused by the energetic feelings about what you will NOT do.

In other words, what you FEEL in your body when you realize or think about what you can't do is what causes the experience of overwhelm.

So the key is to practice feeling the energy so that it flows through you. Then you can be fully present to what you ARE doing.

### *Inner Freedom – the capacity to choose*

I have mentioned this idea a few times now but I just want to expand upon it a little bit here.

Having Inner Freedom gives you the capacity to choose when to play BIG – to embrace social risk- and when to play safe – to avoid social risk.

My experience is that most people who have a BIG Dream face a bunch of pivotal moments every single day; they just don't notice them.

Now that they are more aware, they notice these moments a lot. If they choose to play BIG once per day – and choose to play safe all the other times - that will be amazing! That once per day will compound to amazing transformation over the course of just a few months.

So my point here is for you to help your players see that they can pick their spots for playing big. They can focus their energy toward just one Pivotal Moment per day.

### *Think BIG Now! Who can you coach?*

Here is a quick note about your coaching business or your coach approach leadership or entrepreneurship.

**With the Inner Freedom Method you can coach A LOT of people;** including influencers who are doing BIG things in the world.

There is a common – and common sense – refrain in the field of coaching that it is best to coach players who are pursuing a dream that you know something about. YES! This is common sense. However, when you have confidence in your abilities with the this method, you can coach people way beyond what you have done yourself.

This is because social FEAR is in all of us. And everyone who has their sights on their next BIG Dream is going to be stopped by social fear at some point. Many of us are able to

accomplish big things with raw talent that has been acceptable to the Industrial Culture and by powering through our social fears. But at some point we all hit a wall with that approach.

This is where YOU – the Inner Freedom Coach – come in!

My message for you here is to look for BIG players; befriend BIG Players. Make sure they know that you are a Life Coach with very special skills for guiding players who aim to do BIG things in the world AND are feeling doubt, frustration, resistance, overwhelm, isolation or FEAR. They might think: “oh that’s not me. I have the world by the tail. Nothing can stop me.” You just let them know that when they need you, they know where to find you!

Feel confident that every big player that knows you will want to hire you at some point; it is just a matter of time!

***Voila! Life Coaching.***

### ***Class #11 Prep***

We will explore a few of these questions in class.

*Question: What have you learned about following the “Treasure Map”?*

*Question: Share about one or more activities that you were resisting but are now free to play with?*

*Question: What is an area of inner resistance that you have not yet gained freedom to play with?*

*Question: Think of a big challenge you are facing right now...  
Who is your Dream ASKING you to become???*

*Question: Share an example of a self-expression or a Super Power that you have learned to FEAR.*

*And any insights you have gained by playing with that fear?*

*Question: Think of something BIG that you are playing for right now.  
Brainstorm several possible unintended or unwanted consequences of success. Include a few that feel real and close to your heart and a few that are further out in your imagination.*

## **Chapter 12 - Celebration** & Becoming precedes results

*"For me there is only the traveling on paths that have heart, on any path that may have heart, and there I travel. And the only worthwhile challenge is to traverse its full length---and there I travel looking, looking breathlessly."*

*-Carlos Castaneda,  
The Teachings of Don Juan: A Yaqui Way of Knowledge*

## **Chapter #12 Prep**

### **Before Class**

[Read through the complete coaching guide for Session 12](#) (Page 89)

(this is a link to the PDF with the complete set of coaching guides)

[Listen to this audio to prepare for Session 12.](#)

(this is a link to the Player Prep SoundCloud audio)

[Listen to Coaching Demo of Session 12](#)

(Coach Dave and Player Leanne)

**Read the Player Playbook Chapter 12. Here is the outline:**

## **Coaching Notes for Session #12**

You REALLY need to prepare for this session!

- Read through all of the coaching notes sheets that you have filled in during or after your sessions with your player. Aren't you glad you have them now???
- Prepare some thoughts about the progress you have observed.
- Prepare some thoughts about the highlights you are excited about.
- Prepare some thoughts about the Superpowers you have helped them to discover.
- Prepare some thoughts about where their next dream can take them.
- IF you want to keep coaching them, BE prepared with an offer for a new engagement.

In this session you are going to guide your player through a celebration of the highlights from the 12 session engagement!

This is definitely a co-created experience. You want to give your player the first words for each segment, AND then be prepared to contribute.

Even though you have been celebrating with your player all along, this final celebration will hold a lot of meaning for both of you.

An important point is to engage in the conversation about disappointments.

Disappointments are OK! When you talk about them in a judgment-free way they can be a source of fuel for the next adventure.

Speaking of the next adventure, that is another important part of this session. Encourage your player to dream bigger or to choose a new growth oriented adventure for the next part of their life.

## **Coaching Notes Playsheet**

Write a few notes on the Coaching Notes Playsheet.

Another benefit of doing this is that it makes it much easier to write player success stories that you can use to share about your coaching! People love stories and you have the whole story written out!

## ***Energy Alignment Celebration Playsheets***

There are two playsheets in the playsheet pack called: BIG Dream Celebration.

These sheets guide you (and your player) through the elements of the Energy Alignment Game with an opportunity to write out your Celebrations and Experiences.

This is a valuable exercise which I recommend that you do AND I recommend you encourage your players to do it. Often with energy alignment, you don't notice how much easier things have become unless you take a step back and think about it.

Another benefit of the exercise is that it sparks desire to go even deeper.

## ***My certainty is greater than your doubt (2010)***

To thrive as a coach it is essential that you OOOZE certainty. This is because a player will not hire – or feel safe with – a coach who is oozing doubt. That is a truth about what people expect from a coach.

But it does bring up an important question: what is certainty?

The key distinction is between certainty and arrogance.

Arrogance is when you think that you know. And your self-worth is tied into proving what you know.

Certainty is when you know that you know AND you know that you don't know.

You are confident and humble at the same time.

People feel confident and safe with a person who has this blend of energy.

- As a coach you have certainty in your Coaching Method
- As a coach you have certainty in your own ability to use the method
- As a coach you have certainty in your player and their abilities
- AND you know that there is a world of things that you don't know; and that not knowing is OK!

The power of the Inner Freedom Method is that it gives you certainty in the area where people have the MOST doubts... in their ability to explore fear and take actions where they feel frustration.

People HAVE doubts!!

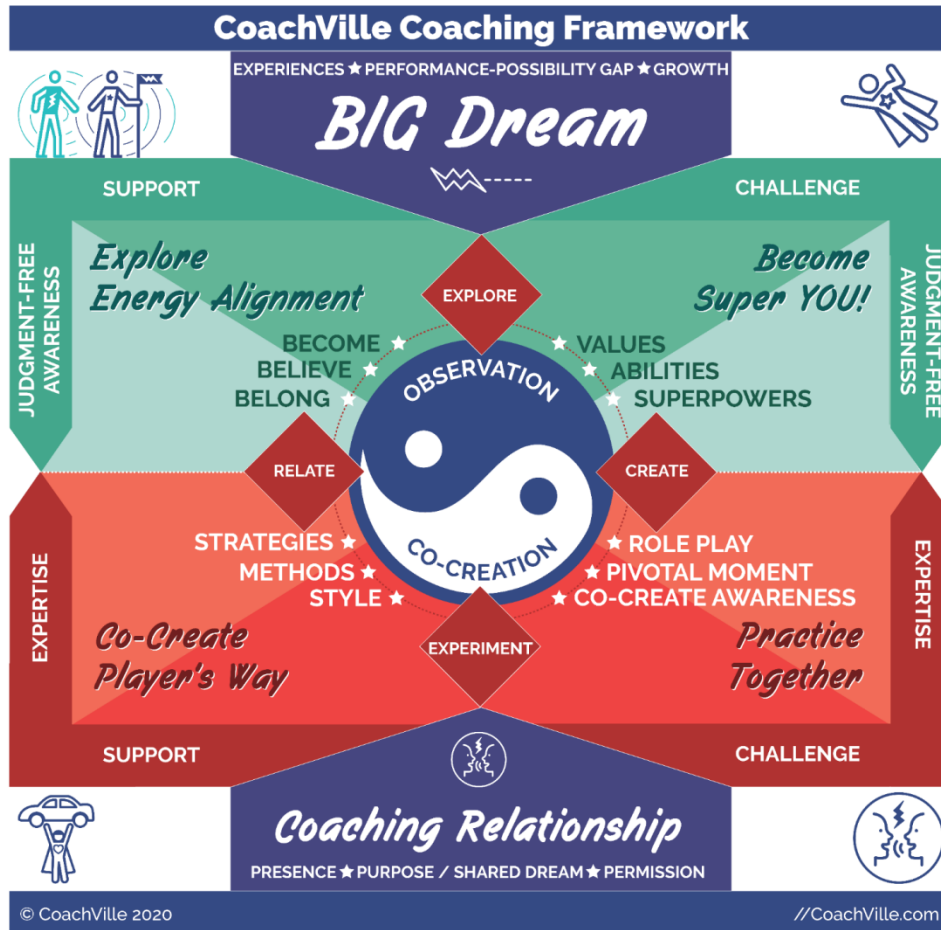
This is a good thing because if there were no doubts there would be no coaching.

With the Inner Freedom Method you can OOOZE certainty; you have a method that can guide them on any personal growth adventure.

***Voila! Life Coaching. (last time, I promise ;-)***

*{Keep Going!}*

*CoachVille Coaching Framework ~ With Inner Freedom Focus*



First let's reconnect with our definition of Coaching:

*Coaching is:*

*A profound personal relationship*

*Wherein the coach guides the player*

*In pursuit of playing better for their dreams*

*To become the next version of themselves*

## *Through pro-active co-creation*

### *And guided practice*

The field of Life Coaching is vast and dynamic. It needs to keep up with life which is moving fast and getting faster all the time.

As a result, is it pretty challenging to create a container that can both hold it all AND be something that you can get your mind around at the same time. Ideally you want a container that helps you understand what it is and how to do it at a high level.

We explore this Framework in different ways in each of our programs. So, you may have seen this already. Even if you haven't, here is a brief walk through with a focus on what we have learned together in the Inner Freedom Method Program.

#### **Observation ~ Co-Creation**

The first thing to notice is the center which is the core of the coaching experience: the yin~yang type balance between **observation and co-creation**. This is the core of the coaching relationship!

Using the Inner Freedom Method you observed your player in several playful practice experiences: Co-Creating awareness, Pivotal Moments and Role Play.

I think the part where we explore the feeling energy and the memory pops looking for superpowers together is so profound. This feels like being on an Inner Adventure together where you are WITH the player on the adventure, and also observing your player and talking about what you see, at the same time. I think this so profound and so fun.

The key point in this is to create the feeling that you are doing this WITH them rather than FOR them; or TO them: proactive co-creation.

The other BIG point is that, with the Pivotal Moment Technique in the imagination and the role play technique for conversations, we absolutely CAN practice life! And anything we can practice we can coach to play better.

The coach and player practice together. This is guided practice. The coach observes the player and shares what they see and can offer alternatives. And the player observes the coach to learn new ways of playing. Along with observation there are life-changing co-creative conversations that lead to new awareness and bigger possibilities. It is a powerful form of balanced partnership. It is a magical experience that can lead to transformation.

#### **Play Life: Relate, Create, Explore, Experiment**

Next notice the 4 Red Diamonds that display the ways that we play life in the Connected Age: Relate, Create, Explore and Experiment.

Playing with these brings up the Pivotal Moments because they can't be controlled. This brings up all the frustration, overwhelm, resistance and fear that we explore in the Inner Freedom method. FUN.

#### **The BIG DREAM**

The players' BIG Dream is the catalyst for the coaching experience.

We have certainly gotten into the BIG Dream all throughout the Inner Freedom Experience.

The compelling part about this is how we approach everything as a growth opportunity. This is what Life Coaching is all about.

### **The Coaching Relationship**

The coaching relationship is unique in the world of human relating. It is a co-created experience where both individuals are equal partners with different roles; no one is “in charge”. The player is setting the destination with their Dream. The coach guides the pursuit using their coaching abilities and any relevant knowledge of the quest.

In the Inner Freedom Method you REALLY expand your coaching Presence! You hear so many intimate life experiences which calls upon you to grow you judgment-free capabilities.

Also being with someone who is FEELING energy and SEEING a memory pop is a profound Coaching Presence experience.

Permission is another big item here. I am sure you said something like: “Can I share an observation with you” so many times in the past 12 weeks!

### **The 2 Dynamics of the Framework**

#### **Support and Challenge**

The coach is the ultimate supporter of the player providing encouragement and energy; we all need more support than we are getting! At the same time the coach must be able to challenge the player to grow in healthy ways. Most players are yearning for someone who can see them and show them places where they can grow. The true knack of coaching is being able to read the player and the situation and know which to provide – support or challenge - at any time.

In the Inner Freedom method you sure got a deep dive into support and challenge! In addition to providing both to your player, you also guide your player to explore this balance in the life experiences you explore with them.

When you get a deep understanding of this balance you start to ooze and “Elder” type of wisdom; at any age!

#### **Judgment-Free Awareness (JFA) and Expertise**

Well, you definitely got a boost to your Judgment-Free Awareness skills by practicing the Inner Freedom Method! Creating a safe space for practice and play is a big part of what we provide as life coaches.

The Expertise part is interesting. Your expertise in situations really comes through while doing Role Plays. The more you know about typical life scenarios, the better practice partner you will be. As you coach bigger players you will need to cultivate expertise in role playing intense leadership and business situations.

You also develop two new areas of expertise by coaching with the Inner Freedom Method. The first is expertise in body awareness. This is an awesome area of life and personal growth to know more about. This will open doors for you.

But the biggest new expertise is Treasure map reading!! I hope you do this a LOT more and make a claim for yourself that you are an expert at guiding personal growth Inner / Outer adventures and helping people reclaim their lost superpowers. People at all levels of success in life, from all walks of life will want a coach with this skillset!

## **The 4 Quadrants of the Framework**

### **Explore Energy Alignment**

Become ~ Believe ~ Belong

Energy alignment is the secret sauce of Life Coaching. And you certainly got a masterclass in Energy Alignment while coaching with Inner Freedom. How fun!

While the Inner Freedom Method hones in on beliefs and the Non-Conscious Mind part of Energy Alignment, there is also a healthy focus on restoring playfulness and the Urge to Become.

The real play in co-creating results in the world is Energy Play. Just like the bulk of the iceberg is unseen beneath the surface... the bulk of what makes things happen in the world is the unseen world of energy alignment.

You know more about that than most people at this point!

### **Become Super YOU!**

Values ~ Abilities ~ Superpowers

This is the “unleash your unique power” portion of the coaching experience!

Whew! You have learned a lot about this in the past 12 sessions. And, like I said earlier I believe that this is a Coaching Superpower that can open a LOT of doors for you. There are a lot of people teaching information. But few can guide the INNER / OUTER adventure that helps people discover themselves!

And ultimately this is the thing people care about the most!

You can give it to them!!!

As I wrote several times in this book, the reality is that most people are not too aware of themselves because of the dehumanizing Industrial Culture.

**Meanwhile, we are ALL yearning to be seen and known for who we really are.**

### **Practice Together**

Role Play ~ Pivotal Moment ~ Co-Create Awareness

This portion of the coaching framework is ALL about playing together while observing. These three coaching techniques, that allow you to co-create an experience of practicing life together, are fully embedded into the Inner Freedom Method.

You have learned so much about all three of these. You can now use them independently and also mix and match them into any coaching situation.

When you jump into these experiences as a coach you also get better as a player. As you play roles that your player needs to practice, you become more playful and resourceful as a coach and also as a player in life. In addition as you observe your players in both Role Play and Pivotal moment exercises you expand your observation abilities.

We didn't get into this too much in this class, but doing a reverse role play is an awesome way to demonstrate a new way to do something. A reverse role play is when the coach plays the role of the player and the player plays the role of the person they want to approach. It can be really illuminating.

It can be SCARY to do this. You have to trust yourself to jump into the moment and play! For this, YOU need a healthy supply of Inner Freedom so that your playfulness is fully online!

The Co-Create Awareness Technique is a core technique of Life Coaching. We also call this the Abera Ca Dabera technique. Abera Ca Dabera translates to: I create as I speak.

This was built into the first section of every coaching session. You have this technique solid by now.

## Co-Create Player's Way

Strategies ~ Methods ~ Style

The bottom left of the coaching model refers to action; the "how" of playing better.

This is where you guide your player to create their own way of doing everything they want to do; and that their dream needs them to do.

This section was not a big focus of the Inner Freedom Method. However it probably started to happen naturally as your player expanded their playfulness and their confidence they started to experiment with doing things their own way.

If you continue to coach a player after 12 Inner Freedom Sessions, this quadrant will come into greater focus and importance.

You will guide your player to express themselves fully, find their voice and develop the style for who they want to become. All of this is in service of guiding your player to develop their own methods and unique way of playing better for their dream.

As you continue to coach you will develop your own coaching style and over time you will develop your own coaching methods as well.

## Class #12 Prep

We will explore a few of these questions in class.

*Question: How has this program increased your certainty as a coach?*

*Question: What have you learned about the shift from seeing your resistance as Self-sabotage to seeing your resistance as honorable social safety instincts and self-preservation?*

*Question: What have you learned about shifting from being a controller to a co-creator?*

*Question: What are your insights from listening to the Player Leanne Sessions?*

*Question: Share a Superpower that you have discovered and used while in this program?*

*Request: Please share your major insights and highlights from the Inner Freedom Program.*

# THANK YOU!

*{From the Player Playbook}*

[Listen to this Thank YOU Audio.](#)

The purpose of this 12 session coaching program was for you to:



- Experience playing for your dream WITH a Life Coach by your side.
- To experience yourself as a player... as a co-creator.
- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creativity. You will gain clarity on the YOUnique qualities that you have within you that you can use to co-create the results and experiences you desire.
- You will make changes. You will feel more confident in taking risks that can bring about positive rewards for your dream.
- You will gain Visibility. You will feel more courage in being seen and owning your value.
- You will develop the ability to tap into your body wisdom to make bold choices.
- You will develop the ability to tap into the Supermind for needed insights and possibilities... and then ACT on them.
- You will feel like your energy is flowing and aligned with your dream and greater purpose.
- ***Last but not least...*** you will stop the futile exercise of trying to conquer fear and you will learn how to EXPLORE fear – specifically social fear – which will lead to an extraordinary boost in your FREEDOM. INNER FREEDOM!
- As you practice exploring the FEAR you experience in social situations, you will rediscover your lost playfulness and YOUnique capabilities. AKA Your Superpowers!

I hope it was illuminating, enlivening and amazing.

I hope you and your coach have a plan to continue your adventure real soon! The world needs your dream and the YOUnique Superpowers you have to impact the world.

By the way... If you haven't already, please send a note of thanks to your Coach. I know it would mean a lot to them.

And...

If you ever get the idea that you want to explore becoming a coach yourself...

We would love to have you with us at CoachVille.com.

Give us a call anytime.

Remember...

The world is a playground.

And we are going out to play... TOGETHER!

**\*\*!!\*\* {End of Player Playbook} \*\*!!\*\***

## **Hey Coach!**

A special note of thanks to YOU!

The Global Life Coaching Movement has a BIG Dream to Uplift the Human Family one person at a time...

**Out of:** Dehumanizing Authoritarian Hierarchical Control

**Into:** RE-Humanizing Egalitarian Co-Creative Freedom

While the dehumanizing Industrial Culture

- Squashes Dreams
- Silences Voices (and Superpowers)
- Shames Playfulness

As Life Coaches...

Together we are restoring the powers of Human Nature to our players!

Together we are RE-Humanizing the Human Family.

Thank you for everything you are becoming and everything you are doing.

Free people, FREE PEOPLE!

Coach Dave