

# INNER FREEDOM



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



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

# Inner Freedom Method Coaching

## Playbook for Players 2024 Edition

By Coach Dave Buck, MCC

## Welcome!

Hello there! Coach Dave here with you.

I am the co-creator – with our amazing team of coaches at CoachVille – of the Inner Freedom Method that your coach will use to guide you in pursuit of your BIG dream. I am super happy that they shared this eBook with you.

While your coach is your Guide on the adventure, I will be your “**Bonus Companion**” with this playbook and a series of audio that I recorded to help you make the most of every session with your coach. Time is precious!



### Our vision at CoachVille...

Everyone, everywhere with the courage to play their Dreams, has a GREAT Coach!

Your coach is...

**The champion of your dreams**

**The promoter of your playfulness**

**The unleasher of your superpowers**

The true heart of coaching is practicing together to play better. Just as a basketball coach helps you play basketball better or a violin coach helps you play violin better, a Transformation Coach will help you play life better.

**The Inner Freedom Method** is a unique and powerful method of Transformation Coaching. You probably recognize the experience when you really want to do something but it feels like there is something within you holding you back. This is a very common experience.

While many personal growth programs talk about conquering fear we are going to do something VERY different! We are going to explore your fears – along with doubts, resistance and beliefs – like a treasure map to your Superpowers. It is going to be an awesome adventure!

When you have your superpowers and the inner freedom to use them, activities that used to seem hard, or even impossible, suddenly feel easy and in the flow of life! YES!!

**To explain this book using a metaphor:**

The Introduction is like a travel brochure for an adventure; hopefully it gets you energized to go!

Then each chapter is like a chapter from a Lonely Planet Guide to the territory so that you can really make the most of your experience.

**I know I LOVED my Lonely Planet Guide during my travels in Bolivia!**

Our motto:

The world is a playground... so we are GOING OUT TO PLAY... Together.

Coach Dave Buck and the CoachVille Team!

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## **Introduction:**

Prepare for your Exploratory Session with your Inner Freedom Coach  
And discover a few inspiring ideas about playing for your Dreams.

## IN-01) 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, playing 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!!**

## *E IN-02) The Inner Freedom Method Overview*

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 + PrePlay the Dream

#10 Upgrade Your Environments

#11 The New Super YOU!

#12 Celebrations

# The Inner Freedom Program Adventure Log

**Your BIG Dream** 



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**1. Play With Fear**

Date: / /

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**2. Pivotal Moments & JFA**

Date: / /

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**3. Feel Energy - Body Belief**

Date: / /

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**4. Memory Pops**

Date: / /

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**5. Superpower Potential**

Date: / /

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**6. Find The Perfection**

Date: / /

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**7. Flow Of Gratitude**

Date: / /

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**8. Mind-Dream Ally**

Date: / /

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**9. Intentional Co-Creation**

Date: / /

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**10. Upgrade Environments**

Date: / /


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**11. The New Super YOU!**

Date: / /




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**12. Celebrations**

Date: / /

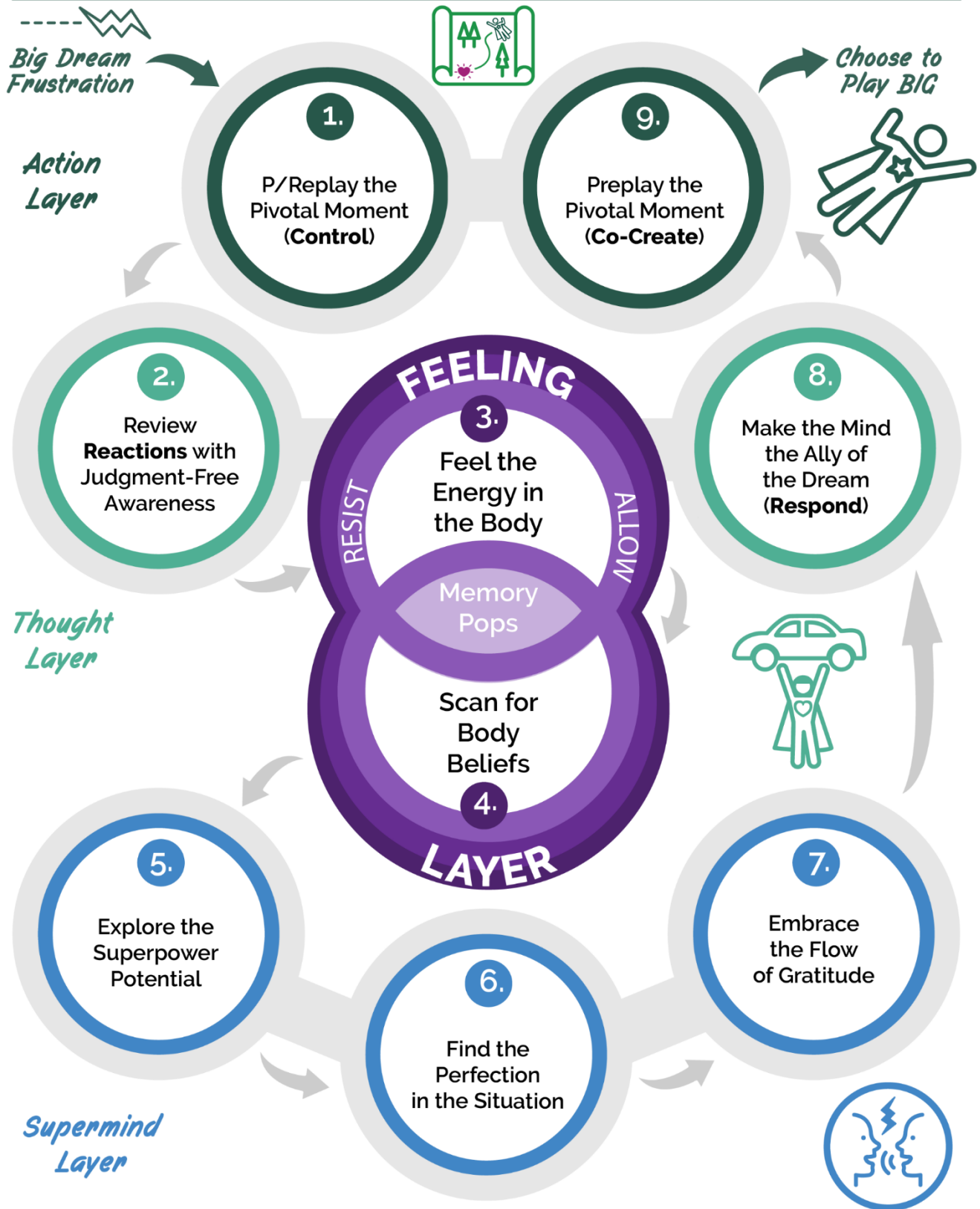


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# The Inner Freedom Method Model



## IN-03) Prepare for your Exploratory Coaching Session

You may be reading this playbook before or after your exploratory session with your coach. Either way is OK!

If it is before, then consider these Introduction pages as motivation to say: “YES”!

If it is after, then these pages are here to get you prepped and ready to play.

Even if you already had the exploratory conversation and said: “Yes”, I still recommend that you listen to the prep audio. A few of the ideas will energize your experience with your coach.

The first step in a coaching relationship is what we call an “Exploratory Conversation”. The main purposes are to:

- A) Get you excited about having a Transformation Coach with the Inner Freedom Method.
- B) Make sure that you and the coach are a good fit for each other.

[Listening to this audio will help you prepare for the session.](#)

Reading this playbook introduction will also help you prepare to get the most out of it AND to make a good choice for yourself.

Well, you don’t really need to “prepare” in the traditional sense.

But your potential coach is going to bring up a few topics that you may never have been asked about before. So, if you want to give them a moment of thought before the session you can.

Your Coach is going to ask you about:

- 1) Your current version of your Dream. Your Dream can be an elaborate vision or **it can be a simple statement of desire.**
- 2) What success looks like for you over the next 3 months... we are talking about success on YOUR terms!
- 3) What is your growth gap? How do you imagine yourself playing bigger or better for your Dream?
- 4) What are some activities that seem to be pulling you out of your comfort zone?
- 5) Describe your potential for growth and your Dream as an epic adventure. Have fun doing this!
- 6) Are there any aspects of you – like creative ideas or talents – that you would love to bring into the world in a bigger way?
- 7) You read the introduction Article about the Treasure Map Mindset. What would it be like for you to discover and unleash your Superpowers?



This can be a really fun conversation!!!

Enjoy your exploratory session with your – potential – coach.

It could be the start of something BIG!

**Free people. FREE PEOPLE!**

### *IN-04) What is Next Generation coaching?*

Before you start your adventure with your Inner Freedom Transformation Coach, I want to share with you a few thoughts about Human Connection Transformation Coaching because it is the next generation of Life Coaching.

Here is our definition of coaching:



# **Human Connection Transformation Coaching Is...**

1. An Epic and Egalitarian relationship
2. for Guiding PRACTICE and Playful Co-creation
3. to Facilitate Growth and Expand Awareness
4. for the Player's **Dreams** and a Better World for  
**EVERYONE**

## **A Coach**

A coach is an accomplished, energized and wise partner with special skills and techniques dedicated to guided PRACTICE to play Dreams Better.

## **A Coaching Session**

A time where the player and coach put EVERYTHING else to the side and focus on guided PRACTICE to play a Dream Better.

IT is so liberating and SOOOOO much fun.

## **Version 1 Life Coaching**

Version 1 of the Life Coaching Movement was essentially a mashup of three concepts from 1990's Industrial Culture. It was good. I coached this way for 10 years!!!

Help the client achieve their goals with:

1. Questions and Empathetic Listening
2. Creative Problem Solving
3. Enthusiastic Task Management (AKA accountability)

Some coaches would talk with clients to help them solve their own problems and come up with their own tasks.

Other “expert” coaches tell their clients how to solve their problems and what tasks to do because they had “cracked the secret code”.

Most coaches were a hybrid of these two styles.

Either way, the focus was solving problems and completing tasks leading to goal achievement.

## **Next Gen Coaching**

Next Gen Coaching is coaching for the emerging Egalitarian Connected Culture. The Egalitarian Connected Culture is a Coaching Culture where we uplift our powers of human connection rather than putting each other under control!

It is about dreams, transformation and the heart of what EVERYONE knows coaching is all about: guided PRACTICE. And specifically... practicing Human Connection Skills!

Let's explore a few key words and ideas:

### **A Player**

A growth-oriented person with a Dream to do something in the world that takes them beyond who they are now into the next version of themselves.

Language matters!

As a coach you will start to learn and use coaching pattern language.

Here is one example.

Therapists have patients.

Consultants have clients.

Coaches have PLAYERS!

## A Coach

A coach is an energized and capable partner with special skills and techniques dedicated to facilitating growth by guiding PRACTICE to play a Dream better.

## A Coaching Session

A time where the player and coach put EVERYTHING else to the side and focus on growing, both individually and together, through guided PRACTICE to play a Dream Better.

IT is so liberating and SOOOOO much fun.

## What is the difference between coaching and X?

I have been asked some version of this question hundreds of times over the past 27 years. eg. What is the difference between coaching and therapy? What is the difference between coaching and mentoring?

Coaching is amazing for both the coach and the pleyer because we Humans LOVE facilitating growth.

We LOVE to facilitate growth in people we enjoy and care about.

We LOVE when someone we trust facilitates our growth.

It's a strong Human Nature thing.

This is why there are so many valuable endeavors and professions that facilitate growth.

Therapists and teachers facilitate growth.

Councelors and consultants facilitate growth.

Mentors and motivational speakers facilitate growth

And many, many more.

But there is ONE THING that is truly unique to coaching.

*Coaches facilate growth by guiding practice!*

*So, one easy way to answer such a question:*

*Coaches facilitate growth by guiding practice. Therapists don't do that.*

SIMPLE.

## *Human Connection Coaching is Next Generation Life Coaching.*

### **The BIG question: What are we going to practice?**

At CoachVille we are ALWAYS innovating and experimenting. It is in our company DNA since we started CoachVille in 2001. But for the past 15 years, we have been experimenting with ways to bring practice to the field of Life Coaching.

We have done SOOOO many experiments.

Inner Freedom Method Coaching is one of the programs we developed on this journey.

We have developed a set philosophies, concepts, skills and techniques to facilitate growth by guiding practice of Human Connection Skills, Mindsets and Approaches.

So here is the easy way to understand this:

Tennis coaches practice tennis with you. All athletic coaches guide practice.

Singing coaches practice singing with you. All performance art coaches guide practice.

This is super obvious.

But, for Life Coaches, including business, leadership and career coaches, this was a little tricky because there was the question: how do we practice life?

As a Life Coach, what you can practice with your players is any situation that requires better Human Connection. AKA... ALMOST EVERYTHING.

What we eventually figured out is that we are guiding practice of Human Connection. So now we call it *Human Connection Transformation Coaching*.

Inner Freedom is an advanced form of Human Connection Coaching.

So...

**Human Connection coaches practice Human Connection with you.**

Better Human Connection Skills are the pathway to success in every way we humans want to grow; including in: business, leadership, career, community, personal growth... pretty much EVERYTHING.

Human Connection is the foundation for EVERYTHING!

SIMPLE.

## **Let's Deep Dive the Definition**

Next, let's explore the definition a little deeper.

### ***1. An epic, egalitarian relationship***

Coaching is a personal relationship. The Coach and Player care about each other as individuals. This is a significant upgrade from the ideas we got about the “Industrial Age Professional” that was robotic, impersonal and transactional.

This also rules out of the coaching field several Industrial Concepts of coaching such as:

- A leveraged “coaching program” of watching expert videos, or
- a “coaching watch” that tells you how fast you are running;

neither of these situations would qualify as coaching because there is no two-way relationship.

### ***1a. An Epic Relationship***

Coaching relationships are epic because they are so profound. Because with a coach we do things in the world that lead to memorable peak experiences. Because a coaching relationship grows over time on a shared journey when we do something meaningful in our lives that we wouldn't have done alone.

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

### ***1b. An Egalitarian Relationship***

**Coaching is NOT hierarchical..**

- The coach is not a servant who is below the client
- The coach is not an authority who is above the client

Coaching is NOT a service, it is a co-created experience. Coaching is a vibrant part of the growing “Experience Economy”.

Coaching is Egalitarian because the coach and player are equal partners in the relationship even though they have different roles.

Guiding another person as they play their Dream is a real artform. It is not the same as directing or controlling; but it is much 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 demonstrating skills and 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 know that they could not have done it alone.

BUT... it is also NOT the 20<sup>th</sup> Century, dogmatic athletic or performance art coach barking orders at their subservient players.

This is vitally important for the Human Family because we must co-create and demonstrate relationships that are NOT controlling. Coaches can lead the way to an Egalitarian Culture where EVERYONE feels connected and valued!

## 2. for Guiding Practice and Playful Co-Creation

### *2a. Guiding PRACTICE*

Guiding PRACTICE is the true essence of coaching.

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

Together we can practice situations, conversations, pivotal moments and peak experiences. We can practice skills, using our Superpowers and expressing ourselves in new ways.

Practicing together is how we grow in capability and awareness.

Guided practice means the coach is providing techniques, experience and knowledge to benefit the player.

Through practice the player can experience the new version of themselves or a new ability BEFORE they bring it out to the world.

**PRACTICE FIRST... then do it.**

**Practice is powerful!**

**Embodiment** - we can FEEL ourselves in a new experience. EMBODIMENT is the key because when an activity FEELS natural in our bodies, we are capable, confident and creative in similar situations. In athletics and arts this is known as “muscle memory”.

**Imagination** – we can envision an experience or situation which creates confidence, clarity and courage.

**Awareness** – we see that new ways of being and responding are possible.

**Challenge!** – We need healthy challenges to grow. When you are a practice partner, you can provide the right level of challenge for your player.

### **WHAT to practice**

Essentially, you practice situations. And there are an infinite number of possible situations to practice. However, we developed a model to understand these unlimited situations into four main categories of Social Play. Each reveals an essential Human Connection Skill:

- Co-Creating for Inspiration to SHARE
- Exploring for Visibility to INVITE
- Relating for Influence to OFFER
- Playing for Transformation to ENJOY

## Play and Observe

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! This is different than being seen by someone who doesn't really know and just thinks everything you do is awesome. We need both in our lives.

At the same time we develop abilities so much faster when we observe someone else doing something that we want to do.

**In guided practice, the coach observes the player AND the player observes the coach!**

As a coach you are going to share what you see in a judgment-free way that provides informed perspective. As a player you weave the coach's observations with your own insights and choose your own path.

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

At the same time, the player is observing the coach and absorbing their wisdom. This does NOT mean the coach needs to be perfect or have all the answers! Far from it. What it means is that the coach guides by being playful, curious and a touch vulnerable sometimes.

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.
- We are meant to generously lift each other up.

### *2c. Playful Co-creation*

This brings me to one of my favorite things to share with Coaches and Players!

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

Through the millennia the wise Humans created a power phrase: **"I create as I speak"**.

It illuminates the power of the spoken word to shift the energy between two or more people. When people are talking together in deep coaching conversation it can take on a life all its own.

With our words we can speak our Dreams into existence and create the next version of OURSELVES.

This is the "magic" of co-creating that makes coaching such a powerful force in the world!

A coach and player will playfully co-create many "things" together:

- Dreams
- Play plans with new possibilities
- Ideas, approaches & strategies,
- Awareness & learning from feedback
- Insights into your inner world of values, beliefs and superpowers.

We co-create by sharing intuition, knowledge and personal experiences.

A BIG key to this aspect of coaching is that both the player and the coach must be fully engaged. Both must be fully open, generous, curious and sharing. The type of coaching that comes from “authority” generally lacks the openness and curiosity. The type of coaching that comes from “only asking questions”, lacks the generous sharing of experiences that makes co-creation so powerful.

### **3. To Facilitate Growth and Expand Awareness**

#### **3a. To facilitate growth**

When we grow we become the next version of themselves... over and over again. Especially becoming the version of ourselves who can live the dream that we are imagining.

Coaching is always riding on parallel tracks.

One track is focused on expanding awareness of the inner experience.

The other track is focused on the outer experience of what the player is co-creating and accomplishing in the social world around them.

Growth often means new capabilities.

Expanding capability includes:

- New or expanded skills
- Deeper expression of Human Nature
- Deeper abilities for Human Connection
- Deeper expression of the players YOUnique superpowers

We become the next version of ourselves through:

- guided practice in coaching sessions
- and then by having new experiences in the world;
- and then by co-creating meaning from those experiences in coaching conversations!

#### ***3b. Expanding Awareness***

A BIG part of coaching is guiding our player to become more aware.

The more we are aware of, both within us and in what is happening around us, the better choices we make and the better we play.

Our inner experience includes: thoughts, beliefs, emotions, feelings, desires and more.

It is possible to:

- Feel more capable,
- Feel more confident
- Feel more free to fully express oneself.

## 4. For the Player's Dream and a better world for EVERYONE

### 4a. *Dream*

All coaching begins when a player has a dream.

A Dream is a desire for new experiences, it is much more than a goal and certainly more than surviving in the status quo.

A BIG transformation in Human Connection Transformation Coaching is the transformation to a Dream Centered life; as apposed to a survival-centered, obligation-centered or even a goal-centered life. We play Dreams, we work toward goals.

Playing a Dream is like putting a game into the Play Life Station. A Dream is ALIVE!

A Dream includes

**Desire** – there are new peak experiences that you are yearning for.

**Vision & Imagination** – you can “See” it and now you want to LIVE it.

**Adventure** – The path is not laid out in advance. There will be unknowns. There will be challenges, puzzles and mystery.

**Accomplishment** – There is something tangible that is claimed, created or experienced. Often it is a positive impact on the lives of others that will live on and ripple out.

**Becoming** – There is a confident new version of YOU who DID THAT!

### 4b. *The pursuit!*

A Dream is a powerful “thing” because it is both NOW and in the future at the same time.

We refer to playing your Dream NOW!

We also refer to pursuing your Dream.

Pursuit means moving outward, exploring, adventure and quest. It is more than just “doing the work”.

Playfulness is an awesome Human Nature Superpower. Restoring and maximizing playfulness is a big part of Human Connection Transformation Coaching.

Qualities of playfulness include:

- Curious and Creative
- Resourceful and Resilient
- Exploring and Experimenting
- Fun! (usually, but not always)

#### ***4c. Playing BETTER!***

Part of any Dream is a vision of playing better.

Playing better is the outward focus of coaching. We practice to play better and then to have the peak experience of doing something better than we have ever done it before.

AWESOME!

Playing better means having our desired outcomes happen more often than they did before.

The pursuit of BETTER – and knowing that better is always possible and evolves over time – gives our lives a delicious, uplifting growth orientation.

As players we get to choose what Dream to play.

We get to choose the direction of our growth-orientation.

AND... when we play, we also grow in unexpected and unplanned ways.

Ahhhh... the wonderful mystery of life.

#### **4d. For a better world for EVERYONE**

Anytime an individual plays a Dream to have a positive impact on the people around them, it naturally makes the world better.

And the even more importantly... there is the ripple effect. An individual, with a coach, expanding awareness, growing, co-creating and practicing Human Connection, and sharing their Dream is a powerful inspiration for EVERYONE around them. They become a beacon, a light.

When we see someone we know playing their Dream in this way, it opens up our beliefs that we can play our Dream too!

Team Play for Transformation!

### **The Inner Freedom Edge**

In the Inner Freedom Method program the focus is on exploring fear like a treasure map that leads to our Superpowers. While also playing your Dream in the world around you.

## *IN-05) Play your Dream*

### **PLAY YOUR DREAM – what does it mean?**

One of the BIG ideas of Transformation Coaching is to live a Dream-Centered Life.



This is a BIG Transformation

**From:** Work toward a goal (like it is an objective for some day)

**TO:** PLAY your Dream (like a game you “plug in” every day)

Working toward your goal is a common notion. Your goal is something that is off into the future; something you accomplish someday by completing tasks every day.

### **Your Dream is a “game” in the Play Life Station**

PLAY YOUR DREAM is a totally new idea. The best way to explain it is with a metaphor.

You are most likely familiar with the various game consoles where you plug a game into the console and the screen comes alive with a new world that you explore, among other things.

Imagine that this amazing world that we live in is a fully alive Play Life Station!

Your Dream is like a game that you plug into the game console.

After you activate your Dream by sharing it with your coach and Dream Team, the world around you comes alive in a new way. Everything that happens is connected to your Dream in some way. You LIVE your Dream every day.

And yes, you can pop the game out of the Play Life Station any time if you need a rest. 😊

You will LOVE playing for a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be living your Dream time. AWWWW Yeah!

### **Possibilities for your Dream**

Your Dream can be an elaborate vision. OR it can be a simple statement of desire. Either is an awesome way to start our adventure together.

Elaborate: I want to host a podcast where people share their defining moments in life.”

Simple: I want to feel more energy when I am at work.

Simple: I want to have a closer relationship with my friends and neighbors.

At CoachVille, we use the symbol of the lightning bolt to represent your Dream. And sometimes we put the lightning bolt in a sunshiny heart to symbolize that your Dream comes from your heart and radiates out to the world around you. LOVE THAT!

We also typically capitalize the D to represent that your Dream takes on a life of its own, almost like a character in your adventure.

The first thing your coach is going to talk with you about is your Dream; because playing your Dreams is what coaching is all about. An important point here is that playing life with a Transformation Coach is MUCH different than going it alone. So, I am encouraging you to think bigger than you might normally allow yourself to think.

### **Why Dream... rather than objectives or goals?**

- Your Dream includes your imagination.
- Your Dream includes your vision.
- Your Dream includes your heart's desires.
- Your Dream includes how you want to contribute to life.
- Your Dream includes who you want to become.
- Your Dream includes the peak experiences you want to co-create.
- Your Dream includes the spirit of play.
- Your Dream includes a sense of wonder and mystery.

Often, we don't think too much about our dreams, we just focus on what we can control by ourselves. This is how we were trained to think in the Industrial Culture. (We will get to this later) This approach tends to keep us pretty small; which is OK sometimes. But truly life can be MORE.

**Our mantra is: The world is a playground... A Play Life Station... Let's Play Together.**

Here is a "starter" list of the endeavors that people dream of playing better. This will spark your imagination for the many possibilities you have with your Transformation Coach!

### **Aspects of Life you can play better with a Coach**

- small business ownership,
- career development & transition into something joyful & meaningful
- business growth through team play
- leading a worthy cause or movement
- growing a vibrant community
- spiritual quest through community participation
- financial freedom through value creation

- corporate management and/or leadership of a great team
- artistic expression and performance
- health and wellness through engagement
- personal growth through self-expression and participation (this includes co-creating relationships and partnerships)

### **How you will grow as you PLAY YOUR DREAM...**

- You will express your superpowers, energy and creativity.
- You will enjoy the company of people by growing your Dream Team.
- You will grow your skills and capabilities; especially your Human Connection Super Skills.
- You will experience personal transformation; to dream, be free, befriend, become, believe and belong.
- You will grow in status within your community.
- You will co-create your world - and THE world - in a positive way.

### **Peak Experiences (and objectives)**

Peak Experiences are essential to playing your Dream every day. A peak experience is when you rise up to a challenge and something awesome happens. Usually, you then feel the urge to put your hands in the air for a high five or a fist pump. **LOVE THOSE!**

When you play your Dream every day, every day there is a possibility for a peak experience; sometimes more than one! It doesn't mean that one will happen... just that there is the opportunity for it to happen.

A peak experience often includes using a new skill or expressing a personal superpower in a new way. It is often the result of lots of practice doing something to develop a new ability or approach.

The feeling is: **WOW! I (We) just did that. And it was awesome.**

### **Growth-oriented Challenges**

If you put a new game into your game console and everything that happened was something you have seen before and knew exactly what to do (like the way we were taught to live in the Industrial Culture!) you would quickly be bored with the game and stop playing.

When you play your Dream, rather than go through the motions of another day of habits and tasks, you **WILL** experience challenges. You will face the unknown and opportunities to fail.

It is growth-oriented challenges that make playing your Dream fun every day.

The key is to embrace this truth and enjoy the challenges that come your way.

## **Here is the approach:**

When you play your Dream, you look at EVERY situation in your life as if it is somehow part of the adventure. Everything is happening for YOU to grow as a player in this Dream. Even events or situations that happen and seem to have nothing to do with your Dream, you assume that they do and you look at them in this light.

Even recurring issues from BEFORE you were playing this Dream, you can look at them in a new way once you start playing your Dream.

## **The way to do it is simply to wonder: mmm.**

I wonder how this situation is part of my Dream?

I wonder how this event is asking me to grow so that I can play my Dream better.

I wonder how this situation is trying to show me something that I didn't see before?

It's a powerful, fun and dynamic way to live.

You will LOVE playing a Dream that is engaging, supportive, challenging, purposeful and fulfilling... even if right now in your life you only have 20 minutes per day to play your Dream, it will light up the rest of your life. And hopefully soon more and more of your day can be playing your Dream time. AWWWW Yeah!

## ***IN-06) The Practical... The Problems ... The Purposeful... The Playful***

As your bonus companion on your adventure with your Inner Freedom Coach, my role is to prepare you for each leg of the journey so that you can really LOVE it and thrive.

In this introduction 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 in a joyful way. AWWWW Yeah.

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

### **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

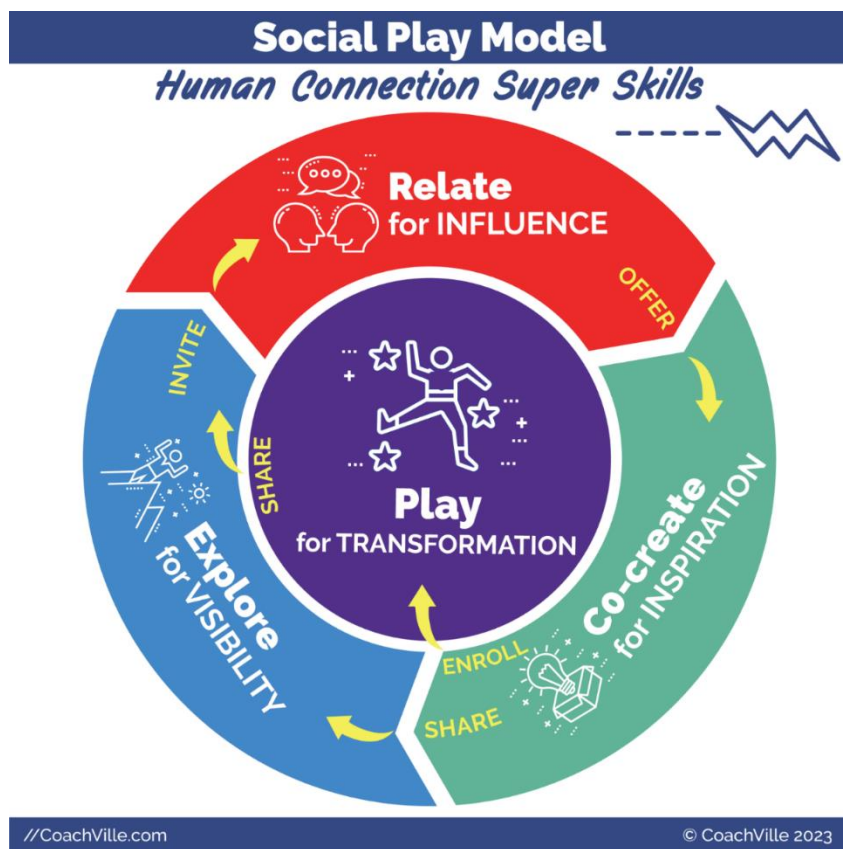
- You will gain influence. You will begin to see yourself as powerful and capable of having a profound positive impact in the lives of others and in the world!
- You will gain creative inspiration. You will gain clarity on the YOUUnique qualities that you have within you that you can use to co-create inspiring 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 YOUUnique capabilities. AKA Your Superpowers!

## The Playful and Transformational

A BIG difference between playing with a coach and working in isolation is well... a focus on play... specifically Social Play.

These are the four things EVERYONE playing in the world wants more of; wants to do better or bigger in their own unique way to make a positive impact; to matter.

By adding activities in these four areas into your plan each week, your coach will be able to guide you toward the experiences you desire, the impact you desire and personal transformation AT THE SAME TIME!.



Here is an important insight to consider: **Anything that you cannot control but you can influence is an opportunity to play and play better with a coach!**

So, I want you to wonder... to dream... of what you would do if you were able to increase your influence in the world around you.

These are the four essential activities of the Connected Culture of Play.

**We call them pivotal moments of social play.**

- Explore, Relate, Create and Play
- A pivotal moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation as was the norm in the Industrial Culture of Control.

And here is another **BIG** point: **YOU** have unique superpowers within you that your coach will help you unleash to become **AWESOME** in each of these 4 types of social play.

## **The Four “Things” people playing life want more of...**

Entrepreneurs, leaders of teams and organizations, people with a cause, people with an idea... anyone who aims to move beyond the status quo of life wants these four things:

- Visibility
- Influence
- Inspiration
- Transformation.

That means YOU!

### **Explore for Visibility (AKA to See and Be Seen; to know and BE Known)**

Exploring is when you go into a new territory; you are stepping into the unknown (hopefully with a sense of wonder) It can be a physical place, a social media platform or even a new idea. You explore to see and experience new people and new places; and also to BE SEEN and KNOWN by new people.

When Exploring for visibility goes well, it leads to meeting someone that you want to get to know better. This leads to an invitation to meet again where you can Relate for Influence.

### **Relate for Influence (AKA Play for “Yes”)**

Relate means talking to other people! This is pretty much what we do all the time in life. It becomes playful where there is an opportunity for positive influence like when you are asking someone to do something with you and they might say “yes”, but they might say “no”.

While relating for influence the “yes” that we are typically playing for leads to an offer to do something together. Doing something with one or more persons is a Create for Inspiration experience.

### **Create for Inspiration (AKA to share with others)**

The original form of Create for Inspiration is more accurately co-creating an inspiring experience with one or more people. Then the participants share about their experience with others to inspire them as well. These experiences can be designed or spontaneous and most likely a combination of both.

In our current world of written words and recorded media, we can create something for others to experience at a later time with the intention to inspire them. You have the inspiring experience of making it and they have the inspiring experience of engaging with it.

The sharing part is all about participation and contribution. This is very much in line with the idea that “Life is Performance Art”; which is a concept we talk about a lot in coaching.

When someone shares about their experience with you to another person, this creates a new visibility opportunity.

### **Play for Transformation (AKA to Enjoy Growth and Discovery)**

The Play for Transformation zone is essentially the object of the Human Connection Journey. Everything you do in the world for your Dream is aiming toward enrolling companions for Play for Transformation Experiences.

In these peak experiences you discover, create value together, enjoy the journey AND become the next version of ourselves! (that's the transformation part)

A journey like this often entails doing something that you have not done before OR doing something that you have done in a new way or with new people. Often when we experiment, we have an idea or a hope of what will happen but we don't actually know. A key to success is to start with an intention, be open to new possibilities AND keep track of what happens; and most important is to not look at any outcome as a failure but as learning.

Hopefully you are getting energized about playing for your Dream!

The BIG Picture...

Inner Freedom is a form of Transformation Coaching where you practice pivotal moments of social play that lead to influence, visibility, inspiration and transformation!

You will experience this fully over the next few months and you just might be inspired to take a "coach and play" approach to many of your future pursuits in life!

**AWWWW Yeah!**

### **IN-07) Team Play for Transformation**

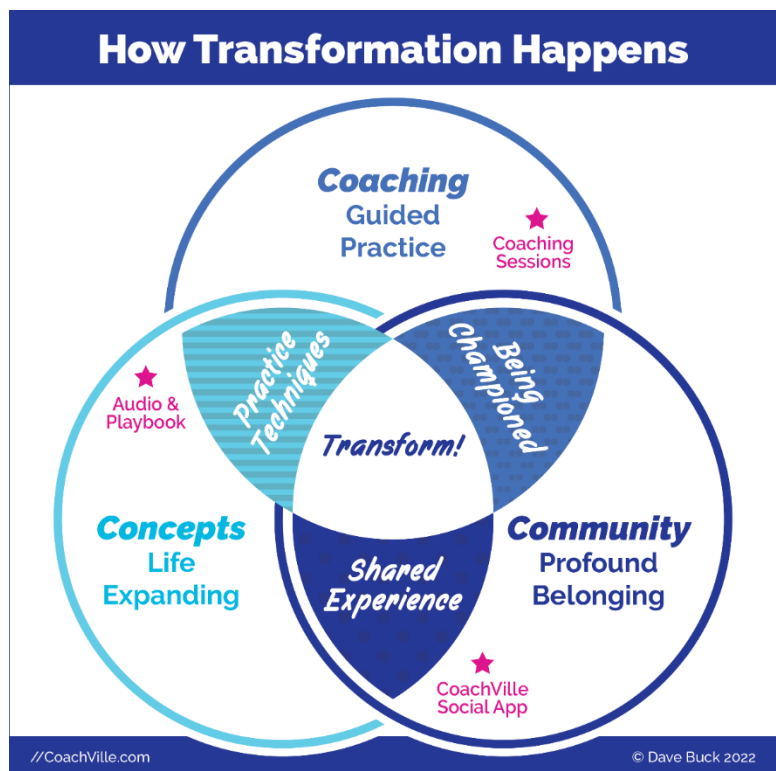
**It takes a village to live your Dream.**

**It takes a village to co-create the next version of YOU!**

Your coach is part of a team (a village!) of coaches who are co-creating team play for transformation. For YOU and your dream!!

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

At CoachVille we have co-created a culture for Dreams and Transformation that you can be a part of.



Our culture includes Coaching, Concepts and Community.

## **Coaching**

Coaching is proactive co-creation guided practice, with the emphasis on guided practice. You are about to experience this with your coach.

The practice techniques that you will use with your coach have some life-expanding ideas built into them.

## **Concepts**

Concepts are life expanding ideas that can shift your mindset and expand your awareness. You have the playbook and access to a series of audios, so you can immerse in ideas that will make living your Dream easier and more fun!

When you share unique experiences with others you build a strong bond of community.

## **Community**

Community is a place of profound belonging where your growth is nurtured and encouraged. For this we have a CoachVille App with a group for players with an Inner Freedom Coach! Here you 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 you will feel that you are a part of something bigger, rather than just being the only person you know with a Transformation Coach.

Experiencing a positive culture will empower you to “ripple” your experience out to other communities that you are part of!

When you feel that you are being championed as an individual within a group it expands your energy to step into the next challenge in your Dream. Your coach is ready to explore this challenge with you.

You 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.

Your coach will let you know how to access the private group for Inner Freedom Players.

**SEE YOU THERE!**

## **Let's Play!**

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

Look out world... here we come!

If you have already signed on with your Inner Freedom Coach, that is AWESOME

Below are a few quick instructions to help you get fully prepared.

If you haven't signed on yet but now you really want to,  
**CALL THE COACH WHO SENT YOU THIS!!!**

## *IN-08) Quick Introduction to Me (Coach Dave)*

I was one of the first professional Life Coaches in the world when I started in January 1997.

Prior to becoming a Life Coach I was deeply involved in the personal growth movement that really took off in the 1980's. I did most of the programs offered by Landmark Education and listened to hundreds of Nightingale-Conant programs many times each. I spent a lot of time in "New Age" book stores.

While growing up, my Mom was a piano and voice coach. Her music studio was right below my bedroom in the house so I heard a lot of coaching every day. That experience shaped what I did as a Life Coach... and now Human Connection Transformation Coach

I was always the freedom-seeking, ambitious entrepreneur type as a teenager (I still am! LOL) I delivered newspapers. I cut grass. I raked leaves. I shoveled snow. I bought my first personal computer as a junior in college and started writing programs for local businesses. After college I worked as a computer programmer for a few giant companies. Then I got my MBA. I did a lot of talking with people to try to figure out what they wanted the computer programs to do.

I have been an avid soccer player since the age of 12. A few years prior to starting as a Life Coach I landed a dream gig as the Assistant Soccer Coach of the Men's soccer team at Seton Hall University with Head Coach Manny Schellscheidt. Coach Manny is in the US Soccer Hall of Fame and his wisdom is all over our coaching programs.

When a good friend of mine from the Landmark community told me about Life Coaching in late 1996, I had an immediate knowing that that was what I was meant to do! I just knew.

It has been a wild adventure every day since then.

By combining business skills, years of listening to my mom piano coach, soccer coaching and deep study of personal growth concepts, I took off as a Life Coach.

Shortly after starting my Life Coach training my ambition kicked in and started calling Thomas Leonard – the person who invented Professional Life Coaching. Through a quirky set of events, he and I became close friends. I was coaching so many people he was always curious about what I was doing and learning.

When he started CoachVille in 2001 I was his right-hand man. That was fun! In February 2003 Thomas died of a heart attack. I inherited the business, the community and more importantly the Cause of CoachVille: To lead the Global Coaching Movement to Uplift the Human Family.

Over the years I have Life Coached over 1,000 people! Through those experiences I came to the big insights that 1) people have so much more power than they realize, and 2) life is for PLAY, not for work!

I have taught Life Coaching – and now Transformation Coaching - to the thousands of students in our Coach Education program at CoachVille. Those experiences led me to the insight that to do something well, you need a method. Thanks also to one of my most impactful coaches ever, the great Marshall Thurber, for showing me that truth.

When Thomas and I were leading live events together he would often go on a rant about become super-conductive. Meaning, that your energy is flowing naturally toward your

vision. Unfortunately, he never explained HOW to do this. When he died, that was one of the mysteries I set out to discover. That ongoing adventure is now the Inner Freedom Method!

Let's Play!

## **Session #01 – Play With Social Fear**

*“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*

# 01-01) Prepare for Session #01 - Play With Social Fear

[Listen to this audio to prepare for Session 1.](#)

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.



The purpose of this first session with your coach is to sketch out the starting point for your adventure together. You have a Dream and there is a Growth Gap that you desire to cross.

Here is a big point: in the Industrial Control Culture the goal was to be a perfect task completion machine; you were never supposed to have a Gap or at least never admit it.

This is different! Here, the Gap is the start of the fun. Make it big enough to energize you and remember that you won't be going alone.

## Your BIG Dream

When your coach asks you about your BIG Dream this is an opportunity to “speak from the heart”! Tap into your desires and imagination. Always remember that BIG means big for you; not compared to anyone else.












## Your BIG Why

The BIG why is about tapping into your deep desires for your life. What are the driving forces behind this dream for you? What is the impact you REALLY want to have on your world and the people in your life?

## Results / Objectives

Co-creating results with the world is what makes playing for your dream the so exhilarating. The results are what happen when you perform the action with skill and focused intent. In a playable Dream, when the desired results are achieved on a regular basis they accumulate into the desired Tangible Outcomes of the dream. Your impact on the world will ripple out into the world for good.

## Actions

Inner Freedom Coaching Session #1 Notes		Date: _____
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: <i>Play with Fear</i>
2. CELEBRATIONS 	3. GROW FROM PLAY 	
4. PRACTICE PLAN: Dream Deep Dive		
5. PRACTICE		
<b>A Your BIG DREAM</b> Describe your BIG Dream. 	<b>B Your BIG Why</b> Why MUST you play for this dream?  PURPOSE	
<b>C Results / Objectives</b> What are your "In the World" Results? 	<b>F Attempts to Control Results</b> What Results / Objectives are NOT happening? (What is not turning out according to plan?)  FRUSTRATION	
<b>E Challenges</b> Describe some of the challenges that are asking you to grow. 	<b>G React to Challenges</b> How are you reacting to the challenges? (forcing, powering through, bunker in)  ISOLATION	
<b>D Actions</b> Describe your Actions in pursuit of Results. 	<b>H Resist Taking Action</b> What actions are you not doing? (resisting, avoiding, distracted, no time)  OVERWHELM	
6. <b>Growth Zone</b> What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers?
7. <b>PLAY PLAN: What social actions?</b> .....		

Every playable Dream has actions that happen over and over again as you play; like shooting the ball toward the basket in basketball. When actions are taken to co-create desired results WHILE holding a vision of excellence, they grow into a new level of Mastery. Again, remember that you want to focus on relating, creating, exploring and experimenting rather than completing routine tasks.

## **Challenges**

Any dream worth playing for is full of interesting challenges; some anticipated, some unexpected! The challenges are what get in the way between actions and results. The key for you and your coach is to find the sweet spot between easy and hard. If the dream is too easy it is not inspiring. If it is too hard (not attainable) then apathy sets in. It is through facing challenges that you become the person you desire to be.

If this is a brand new dream, you may not have great clarity on the challenges, but you can probably imagine them. Start there.

## **Fear and Fear Adjacent**

As we move over to the Right Column on the playsheet we will explore the fears and fear-adjacent experiences that are part of playing this Dream.

There are so many common experiences that we refer to as Fear-Adjacent: anxiety, doubt, procrastination, controlling, reacting, resisting, frustration, isolation, and overwhelm. You know what we are talking about.

If you have been playing this Dream already, you will know what they are.

If this is a brand-new Dream, then you can use your awareness of past social situations to imagine what the Fears will be.

## **Attempts to Control Results ~ Frustration**

(what is not turning out according to plan)

Frustration is a very common experience for folks who go for their BIG Dreams in life. LOTS of the time, things don't go as planned. The key is to share what is not turning out without judging it. Often when we experience frustration, we are attempting to control something that we can't control; but we can influence by playing better.

## **React to Challenges ~ Isolation**

(Forcing, powering through, bunker in)

In the Industrial Culture a challenge meant that you were doing something wrong. That is not how we view it in Connected Play. However, since we grew up in the Industrial Culture where we were trained to work in isolation, when things don't go our way often our first instinct is to "bunker in" and work harder to figure it out before anyone finds out.

Reacting in this case is referring to your thoughts and how you perceive your self and your situation when things go wrong.

## **Resist Taking Action ~ Overwhelm**

(Resisting, avoiding, distracted, no time)

This is the one that is often easiest to notice. However, again since in the Industrial Culture we were trained to be perfect, when we don't do something we needed to have a

good excuse. Or we needed to say that we were just too busy to do it. Being busy or overwhelmed is the go-to reason for almost everything we resist or avoid.

If there is an action that would really move your dream forward and you are not doing it, then that is something to recognize and call it what it is. This will open up a wide pathway for personal growth with the Inner Freedom Method!

## **Growth Zone**

When we play together, we grow, all the time. But since most of us have been in the Industrial Status Quo for a while we lose our awareness of growth. Your Coach is going to ask you about growth in every session. Get used to it! With your attention on you and your coach's attention on YOU, you can recognize your own growth and start to feel really alive again. FUN!!!

## **No Shame in the Game**

When your coach asks you about the activities you are resisting etc., the most important thing you can do is to talk about these experiences in a straightforward, open, curious, judgment-free way. Every BIG Dream will give you a fair share of troubles and sleepless nights. This does not mean that you are doing it wrong! In fact, it probably means you are ready for the kind of breakthroughs that Inner Freedom Coaching can create with you.

## **Watch out for “Spiritual Bypass”**

Spiritual Bypass is a term that refers to a situation where you try too hard to maintain a positive attitude or stay in a place of gratitude – which in general are valuable practices. But when you try too hard you can go blind to the real challenges around you and within you and lose your determination to co-create change.

## **Connecting a Few Dots...**

One last thing about the Coaching Notes sheet and Coaching Session #1

When you have a desired result, and you attempt to control the result (rather than co-create), it can lead to frustration.

When you face a challenge, and you react to the challenge (rather than respond), it can lead to isolation.

When you intend to take an action, and you resist the action (rather than allow it), it can lead to overwhelm.

Whew! There are so many growth opportunities. We will explore them along the way.

## ***01-02) A Coaching Session: Before - During - After***

### **BEFORE the Session**

This playbook, **plus a set of** playsheets, audio, **and an** online community and APP are designed to help you become a powerful co-creator with your coach. **All** of the key ideas are

explained here, **so** you and your coach can dive right into co-creating and practicing together; rather than your coach using precious time explaining these concepts **to you**.

- 1) Print the Coaching Notes sheet.
- 2) Read – **or scan** - the chapter.
- 3) Listen to the Player Prep Audio.
- 4) BONUS: Listen to a recorded coaching session.



## 1) Coaching Session Notes

See an example of the Coaching Notes for Session 2. I am using Session 2 as the example because it is the one that is most like the others.

Use these sheets to write a few key word notes during each coaching session. The sheets are set up with words and symbols to follow the flow of the session; like creating a mind map. Writing a few notes will help you remember different parts of the experience and then capture your growth from the session.

Remember, a coaching session is not school! There won't be a test. You don't need copious notes. Write a few key words for each segment; again, like a mind map.

## 2) Read the Playbook

This item is optional based on if you are a comfortable reader or not. If you are not a comfortable reader, then you can listen to the player prep audio. If you are a comfortable reader then a quick scan of the chapter will prepare you with a few concepts, a technique and an overview of the session.

You can either read the PDF or you can read it in small segments on the web on the CoachVille Social Site (CoachVille.net) or on your phone on the CoachVille APP.

## 3) Listen to the Player Prep Audio.

You can either listen to the entire prep audio OR you can listen to it in small chunks on the CoachVille Social Site or App.

Listening to the “player prep” audio will help to create an “immersion experience” for your Dream. We have all had thousands of “repetitions” about working on tasks in isolation... so

Inner Freedom Coaching Session #2 Notes		Date:
1. WARM-UP & SPEAK YOUR BIG DREAM <span style="float: right;"><i>Session: Pivotal Moment</i></span>		
2. CELEBRATIONS / RESULTS	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING  RESULTS NOT HAPPENING	
4. PRACTICE PLAN: Pivotal Moment		
5. PRACTICE		
#1. PRE-PLAY THE SCENE	#2. THOUGHTS with JFA	#3. SCAN THE BODY FEEL THE ENERGY
#4. SCAN FOR BODY BELIEFS IT'S NOT SAFE FOR ME TO	#8. DREAM ALIGNMENT HEART'S INTENTION	#9. PRE-PLAY THE MOMENT
6. Growth Zone  What did you learn about playing for your dream?		What did you learn about yourself and your superpowers?
7. PLAY PLAN: What social actions?		

it will take quite a few reps before you can fluidly PLAY Together for your dream. But together... we will do it.

#### **4) BONUS Recording of the Coaching Session**

I have a recording for each session in the series that I made with the amazing Player Leanne Linsky. Listening to these audios – each about an hour – will expand your comfort level with being coached and expand your understanding what Inner Freedom Coaching is all about.

Think about it, before you wanted to be coached in any athletic activity or performance art activity, you saw it played MANY times. So, you had a comfort level going into the coaching experience. These recordings are our attempt to give you that comfort with playing and coaching social play in life / business / leaderships etc.

AND, listening to Leanne play for her Dream is SUPER inspiring. It's like a serial podcast where the story unfolds with each episode. I think you will really enjoy it.

## **DURING the Session**

### **The Warm Up**

Your coach will start the session with a warm up.

A coaching session with your coach is something special!

A transformation coaching session is a unique experience; it will be different than other conversations that you have on a regular basis.

If you have ever played a sport with a coach or had a performance art coach, then you know about warming up. Warming up is essential to the coaching experience. With many coaches that I have had the warmup becomes a sort of ritual.

Since warming up for a transformation coaching session may seem a bit strange, I will explain our warm up in great detail at the end of this session

### **How to have an awesome coaching session**

The most important thing is to be in a place where you can be fully present with your coach.

Come prepared to share your celebrations and observations from your week of play.

Your coach will guide the session, so all you have to do is engage fully and playfully.

The focus of each session will be to co-create awareness and / or practice something.

Your coach will ask you a lot of questions to spark reflection, awareness and possibilities! When you share your thoughts, speak from the heart... there are no right or wrong answers to coaching questions.

### **NOTES**

You can take a FEW notes if that helps you stay present.

A coaching session is not a class! You don't need to remember it word for word. But there are times when something memorable happens that you want to remember.

Also it can help to write a few key words down along the way so you are not wasting mental space trying to remember things that you don't want to forget after the session.

Use the Coaching Notes Playsheet to write just a FEW notes during the session.

OR you can fill in a few notes after the session.

Use whatever method helps you focus on the session with your coach.

## AFTER the session

### 1) Fill in your Transformation Coaching Adventure Log

Write the date and a few high-level key word notes to capture the essence of the session for you on the Transformation Coaching Adventure Log.

Use this page to create a visual display of your progress through the program.

Just a few key words for each session will allow your amazing mind to store and recall the important moments of your adventure.

### 2) Use the Inner Freedom Play Plan

Write out your play plan for the week on the Inner Freedom Play Sheet. This sheet is organized for social play in the growth zone. Keep the sheet in view in between coaching sessions so you remember to play!

### How to use the weekly Play Plan Playsheet every week.

The top of the page sets your focus for the week. This is super important and empowering!

In the left section write a phrase or two to describe your BIG Dream. This may change and evolve as you play; or you may write the same thing every week. Either way... writing it out each week and looking at this page often will keep it close to you. The palm with the lightning bolt is the symbol for the mystical power of your dream.

//CoachVille.com Inner Freedom Adventure Log © CoachVille LLC 2023

Your BIG Dream

1. Play With Fear Date: / /

2. Pivotal Moments & JFA Date: / /

3. Feel Energy - Body Belief Date: / /

4. Memory Pops Date: / /

5. Superpower Potential Date: / /

6. Find The Perfection Date: / /

7. Flow Of Gratitude Date: / /

8. Mind-Dream Ally Date: / /

9. Intentional Co-Creation Date: / /

10. Upgrade Environments Date: / /

11. The New Super YOU! Date: / /

12. Celebrations Date: / /

In the middle section write your focus for the week. This can be a theme or a specific action. The symbol is the illuminated heart! This is from the Inner Freedom symbol for experiencing your hearts desires on the treasure map. Giving a theme to your week will keep your energy vibrating at a high level.

In the right box write a few of your Superpowers that you aim to play with this week. This may be a little sparse in the early weeks. But you will add more as you become aware of them. Remember this is your intention. By writing a few power phrases in there and then reviewing the sheet every day, you will be amazed at how often you will feel the urge to use your Superpowers!!

Then there is a section for each of the 4 ways to play in the FEAR / Growth Zone. Write a few action items in each section. (at least one) Remember this is not a task list; this is a play plan. You have intentions for actions and results but you don't know what will happen.

Write what does – or doesn't - happen in the right column as you play the week. It is labeled “Results / Resistance / Reactions”.

Results – it is important to separate the action from the result. What happened “in the world”? Remember it was not automatic so notice the details.

Resist - Write in if you had a time or thought to do the action but didn't do it. This is definitely not something you do with a task list!

Reactions – Notice your thoughts and body as you are doing the action and make a few notes if they are noteworthy.

This will give you a great summary that you can share with your coach.

The bottom section is for you to write a few notes about beliefs and desires that pop up for you as you play through the week. These are mostly non-conscious so you need to catch them when they pop up and write them down.

Remember, this is just the first week! So just play with it the best you can and know that you will gain confidence in this process over time.

### **3) PLAY!**

Do the actions you intended to do PLUS any social actions you feel inspired to do. Notice new events and situations that come into your life.

Keep your play plan near you as you play for your dream in between coaching sessions to remind yourself to play.

Use it like a journal to make a few notes about your experiences of playing with each item. Note your thoughts, feelings, experiences and even resistance; if you find yourself looking at the item every day and thinking: “oh, I will do that tomorrow”.

This will help you prepare for your next coaching session.

#### 4) Participate and share

Participate in the online community via the web or use the CoachVille App to share about your experiences and connect with Transformation Players around the world!

SUPER FUN.

Share about...

- 1) Your insights from any of the content
- 2) Your highlights from your coaching session
- 3) Your experiences playing for your dream in the world!

We are so excited to read about your adventure as it unfolds!!!

Read, Comment, Co-Create Belonging

Read about what your fellow adventurers are doing and share your encouraging words.

Profound belonging is something we can co-create together by using our amazing Superpowers The Need to Belong and the Love to Befriend.

#### The Warm-Up

Let's go into more detail about the warm up.














With your Transformation Coach, the warmup is EXTRA important because coaching happens in a conversation, usually a scheduled conversation. If you have lots of other scheduled conversations in your week, this can seem like just another conversation.

We don't want that! So, we will do a few things at the start to set the stage for something much different!

For this reason, your coach will do a Warmup with you at the start of every session.

In session #1 your coach is going to do an intentional breathing exercise with you to warm up your wisdom and an imagination warm up. Then in Session #2 they will add one more short exercise that are perfect to warm up for a coaching session. The whole thing will take about 3-5 minutes. And it can go a little longer if you are feeling extra stiff and need a little more warm-up time ;-).

- #1 The Connected Breath Technique to warm up your wisdom.
- #2 A Visualization to activate your imagination.

Inner Freedom Play Plan # _____		Date: _____
<b>Your BIG Dream:</b> 	<b>Your Focus this week:</b> 	<b>Your Superpowers:</b> 
<b>PLAY IN THE FEAR / GROWTH ZONE</b> Create for <b>INSPIRATION</b> > <b>SHARE</b> > <i>Risk Disappointment</i> Results / Resistance / Reaction		
		
<b>Explore for VISIBILITY</b> > <b>INVITE</b> > <i>Risk Trouble</i>		
		
<b>Relate for INFLUENCE</b> > <b>OFFER</b> > <i>Risk Rejection</i>		
		
<b>Co-create for INSPIRATION</b> > <b>ENROLL</b> > <i>Risk Disappointment</i>		
		
<b>Play for TRANSFORMATION</b> > <i>Risk Mistakes</i>		
		
<b>Notice your thoughts / reactions / beliefs:</b> _____ _____		<b>Notice your desires:</b> _____ _____

- #3 The Share Your Dream Exercise to warm up your Human Nature Superpowers

#1) The Connected Breath Technique will very quickly get you into a state of coherence where your heart and brain are in sync with each other. And you and your coach feel connected to each other. This is essential for the kind of reflective, pro-active and ACTIVE conversations we do in Transformation Coaching.

#2) The visualization technique is where you use your ACTIVE imagination to put yourself into a situation where you see and feel yourself engaging in a playful action for your Dream and something awesome happens.

#3) The Share Your Dream exercise is where you speak your vision for your BIG Dream in 30 - 60 seconds. This is a powerful step to align your energy with your dream and connects you and your coach to the purpose of Transformation Coaching: you living your Dream!

I will share with you more about #3 in Chapter 2.

## **The Connected Breath Technique – Activate Your Wisdom**

The Connected Breath Technique is so simple and so powerful. I use it ALL the time.

The basic technique is to simply breath intentionally for three breaths where you breath out longer than you breath in.

That's it!

When you do this three times it brings your heart and brain into energetic alignment (AKA Coherence)

Your coach will guide you in the rhythm of the breath with a big breath in and a slow breath out.

Doing this exercise with another person has a bonus benefit of creating an energy alignment between the people. This opens a pathway for deeper expression, deeper awareness and more playful co-creation. AWESOME!

### **Pro Tips**

It works even better when you:

- a) Close your eyes (only if you are in a safe physical space)
- b) Place your two feet flat on the floor
- c) Place one or both hands over your heart
- d) Intentionally feel your gratitude for life

## **Visualization – Activate your Imagination**

The basic version is to simply imagine yourself engaging in an action that you feel good about. The key is to really SEE it and FEEL the moment. While you are in the scene allow your imagination to flow; it will take you on a little adventure.

As we get a little more advanced you can use the warmup to imagine a peak experience.

So, what is a peak experience?

A Peak Experience is what playing for our Dreams is really all about. It is a moment when you feel alive! It is a moment when your abilities and energy rise up to a situation and challenge and you do something AWESOME! Often the “something” is a result in the world that you really desire.

To give you the idea I will share with you some peak experiences from my Dream right now.

In no particular order:

- I am sitting with my computer writing this little book and I am enjoying being in the flow of words. My mind is buzzing and flowing with clarity and my fingers are tapping the keys to keep up. I am feeling the moment when you are reading this and feeling energized about your journey with your coach. (Whoa! I am having a peak experience right now ;-)
- I am being interviewed by an influencer for a podcast. We are having so much fun talking back and forth about Transformation Coaching. I can feel that they are enjoying the interview. I envision several listeners being inspired to reach out to us at CoachVille to learn more about becoming a Transformation Coach.
- I am reading an email from one of our coaches sharing with me about a breakthrough experience they had with a player. They are thrilled that they have made a difference in the life of another person and grateful that they made the bold move to become a Transformation Coach. My heart warms with joy as I read it.
- I am teaching a class for our Coach Education program. The new students in the class from all over the world are buzzing with possibilities as we talk together. I can feel their courage to go out in the world and practice what they are learning.
- I am looking at the transactions screen for my online banking. I can see a few new deposits came in from folks who have signed up for our program. Cash flow feels good. We are earning just rewards for all we do to co-create a better world.

Can you feel the emotional words I use to describe these moments?

Can you feel that I am putting myself in the scene in the present moment?

Did you notice that I included other people in the moments? They are co-creations.

Did you notice that these are moments that I can't control? I can influence situations in pursuit of these experiences. But I can't MAKE them happen by myself. They are co-creations with other people.

These peak experiences are what I aim for as I play for my Dream every day. These are the moments that bring me joy. Some days they happen, some days they don't. But either way, the possibility of having these moments energizes me every day to wake up and play some more.

You will create a few of these with your coach. Your heart and your imagination will have them for you. Over time you will gain clarity on how to see them in your imagination and share them with your coach.

## 01-03) Transformation from Overcome Fear to Play with Fear

Our purpose at CoachVille is Transformation Coaching. We will explore one or more transformations in each chapter of this Inner Freedom playbook.

The coaching idea of transformation is going **From** one way of being **TO** another way of being.

Or it can be **From** one perspective **TO** another perspective.

Or it can be **From** one level of ability **TO** another level of ability.

Think of these as invitations to a new experience. They are fun to explore and play for.

We use the symbol of the butterfly chrysalis to represent the process of transformation. Just like the caterpillar to butterfly transformation, it is not instantaneous; transformation is a process that takes a little time. Even when some instant shift happens in our lives, it takes some time and practice to grow into it.

This time of practice is what coaching is ALL about!

For chapter 1 we have a big transformation for you to consider.



### Transformation

**From:** Overcome Fear

**TO:** Play with Fear

You have most likely heard a lot of cultural or self-help approaches to fear like:

- Overcome your fear
- Crush your fear
- You need to be fearless

These can be inspiring, but also confusing.

First of all, fear is essential to our Human Nature! Fear is how our self-preservation works to keep us safe. Without fear, we would be dead. This is a true fact.

At the same time, it is very easy for fear to override our other Human Nature superpowers to keep us TOO safe, avoiding all risk. This is not a joyful way to live.

So, the idea is to find the right balance for yourself in each situation. We call this playing with fear.

**IMPORTANT:** whenever we talk about fear in this program, we are talking about social fear NOT physical fear; the fear of physical harm.

For example, the fear of asking for what you want rather than the fear of heights or the fear of spiders. Yes, there is a grey area where social fear and physical fear overlap with physical violence between people. We will approach this grey area with great sensitivity.

For the most part, with coaching, we are focused on social fear that is not physical in any way.

**Play with Fear has two meanings:**

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

A **SUPER BIG** idea that we will explore all through this Inner Freedom program is this: One thing we learn to fear in the Industrial Control Culture is expressing our human nature and own unique power. I like to use the quirky word mashup: **YOUUnique** to describe these powers.

Since we have learned to fear our power, if we explore our fears, rather than overcome or crush them, we can discover our Human Nature and **YOUUnique** power.

Our fears are on the treasure map and our Superpowers are the treasure.

**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.

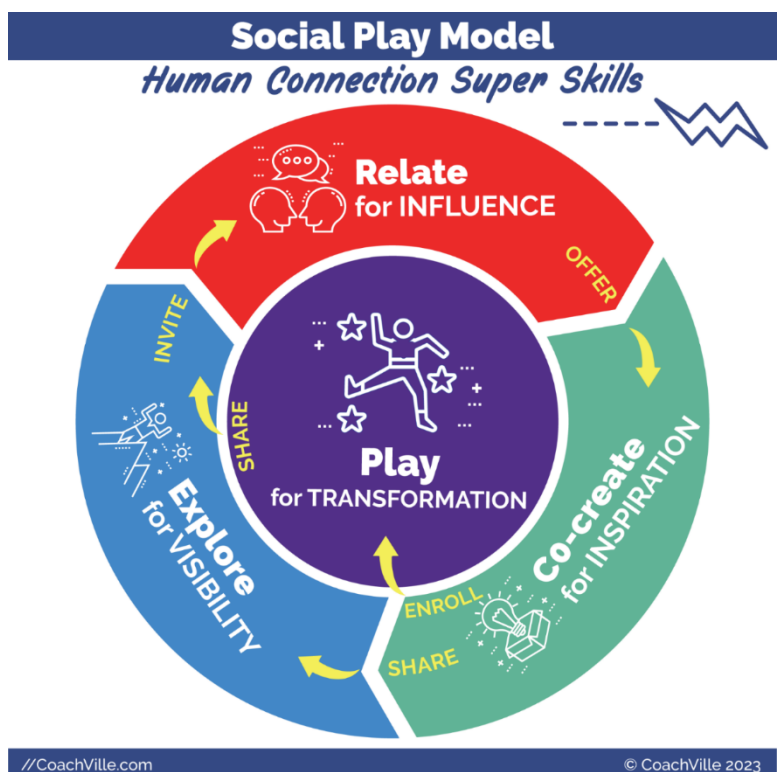
## 01-04) Social Play and Social Fear

In the Introduction I shared with you our Social Play Model. This shows you the categories of actions that we use when we are playing for our dreams.

A quick recap...

**We call them pivotal moments of social play.**

- Create for Inspiration leading to Sharing
- Explore for Visibility leading to an Invitation



- Relate for Influence leading to an Offer
- Co-Create for Inspiration leading to Enrollment
- Play for Transformation is the purpose of your journey and hopefully leads to Peak Experiences and enjoyment. And participants sharing about the experience.
- A pivotal moment is a coach-able moment that you can improve through practice.
- Social play means that it involves co-creating the experience with one or more other people rather than completing a task in isolation as was the norm in the Industrial Culture of Control.

Hopefully you are getting energized about playing for your Dream with Social Play!

## The Social FEAR of Social Play

Now you might be thinking: “Yes, these social play actions and results are exactly what I want!

“But when I think about it:

- Asking for what I want or need is pretty hard for me.
- Sharing what I create can be a real struggle.
- I know I need to “get out there” and be more visible, but it’s not easy.
- Trying new things often feels too risky so I stick with what I always do.”

EXACTLY.

These feelings are the opposite of Inner Freedom.

**These four social play activities will bring up seven really intense FEARS!**



While all of us with a BIG Dream to contribute our unique value and voice to others want these four experiences... we are all also navigating through these seven intense fears; mostly on a non-conscious level and mostly with a variety of not-so-effective methods! (Hah! That is an understatement).

- Fear of Rejection
- Fear of Trouble
- Fear of Disappointment
- Fear of Mistakes
- Fear of Judgment
- Fear of Failure
- Fear that I am NOT ENOUGH (The “BIG Kahuna” Fear)

### IMPORTANT POINT!

In Inner Freedom we explore Social Fears like the ones stated above. We do not explore physical fears like fear of heights or fear of spiders. We also do NOT explore the fear of another person physically harming you.

#### **Relate for Influence = Fear of Rejection**

To play for impact in the world – even with just a few people - you need to cultivate a high level of ease with approaching people and talking with them. And then you need to invite them to a next step. This is where the fear of rejection comes in. BIG TIME.

#### **Create for Inspiration = Fear of Disappointment**

Playing BIG for your dream will include creating and sharing experiences (or content) in a variety of forms. Also, every time you have an opportunity to speak in front of people you are creating and sharing an experience. The fear that we might disappoint someone or BE disappointed by someone’s reaction to what we create can be a BIG block to creating and sharing.

Create for Inspiration is the essence of the idea that life can be played like performance art!

#### **Explore for Visibility = Fear of Trouble**

Exploring for visibility is often described as: “I need to get out there”. And for many people this is a BIG struggle; this is because the Fear of Trouble is VERY REAL.

In order to contribute your gifts to others you need to find people (customers, colleagues or partners) to participate in what you are creating. You need to “get out in the world” either physically or virtually.

The world of people is an amazing but potentially “dangerous” place; at least at an emotional level. The potential for trouble in the unknown is why most people stay where they are and spend their time with the same people. However, it is almost impossible to pursue your dream this way.

#### **Play for Transformation = Fear of Mistakes**

A vital part of our Human Nature is the spirit of play and the joy of discovery! But at the same time, we are often crippled by the fear of mistakes.

This is a big remnant of the Industrial Control Culture mindset. The assumption that everything you need to do: a) there is a right way to do it b) you should be able to do it the right way every time and never make mistakes.

Of course, this is nonsense! But the residue of this mindset from school and jobs keeps us locked into a perfection trap. This makes it sooo hard to experiment and find our unique way to do everything our Dream needs us to do.

### **Fear of Judgment ~ Fear of Failure ~ Fear that I am not enough**

These fears are basically accumulations of the four fears of playfulness. They are deep artifacts of the Industrial Culture of Control and they impact our thoughts and feelings in a profound way.

Here is a BIG idea: these social FEARS – and the beliefs that form around them - are not inherent to us, we absorb them from the culture through our life experiences.

If you aim to play for your Dream at a high level, you need to embrace and explore these fears with profound curiosity. This is what I mean by explore your fears like a treasure map. The treasure is your playfulness and unique superpowers - for Influence, Visibility, Expression and Change - that are deep within you waiting to be activated.

**BIG POINT regarding the power of coaching: it is almost impossible to explore social fear by playing alone. But together we can do it!**

More about that in a few chapters.

So by playing with your Inner Freedom Transformation Coach, who is a very capable guide of the Human Journey... out in the social world... through these intense fears... you can become very capable in Pivotal Moments of Social Play in pursuit of your BIG Dreams.

YES!

That's why you are here with us.

### **With Your Coach**

In this session, your coach is going to explore with you your BIG Dream and some of the actions you are taking or want to take. Consider actions where you can expand your influence or visibility. Consider ideas and experiences that you would love to create and share with others. What would you LOVE to change in your world or THE world?

**Allow yourself to dream of being an influential person in your world.**

And when your coach asks you about what you are avoiding or resisting... allow yourself to acknowledge activities that you currently wouldn't even try because you have some of the social fears described on this diagram.

### **Let's go deeper into PLAY: Explore, Relate, Create, and Play**

Now we take the idea of playing life and we make it REAL by doing it in your life every day. You start the adventure when you CHOOSE to play BIG. You choose activities where you will embrace some risk in pursuit of rewards. These are the activities where you can grow. You choose to do activities where you will experience some fear, doubt or uncertainty.

*Choose Play Moves you can do at least a little bit most days. These activities will keep you on the edge of your preservation zone and give you lots of experiences to explore with your partner / coach.*

The Inner Freedom Method is about what happens in your body and mind during pivotal moments when you choose to do something where you will experience some fear, doubt or uncertainty.

Playing Life is about what you can accomplish in the world and discover within your Self by taking social actions with some social risk in pursuit of desired resulting impact or influence; AKA risk and reward.

***Take fun actions for desired results.***

***Embrace social risks for social rewards.***

The examples provided are meant to spark your imagination for how YOU want to play for your dream right now.

There are 4 types of Play MOVES that we will focus on.

**1) EXPLORE for VISIBILITY (to make an invitation)**

Here the action is to venture out to meet new people, participate in new groups or visit new places where you might meet someone or be inspired. The desired result is that you connect with someone and co-create a positive experience.

The risk is that you can find trouble in an unknown place or group.

The reward is when a new relationship leads to a new possibility for your dream.

<i>Explore for visibility</i>	<i>Risk Trouble</i>
The business skill of networking and follow up: attend networking events and make a follow up call to every person that you met. <b>The magic is in the follow up.</b>	Play for “YES, I want to know more about what you do.” OR “YES, I will recommend you to someone”.
Reach out to someone that was referred to you.	Play for “YES, I want to know more about what you do.”
Give a presentation to a group of people; either that you don’t know OR you know them but they don’t know about your dream.	Play for “YES, I want to know more about what you do.”
Engage with the posts of folks in a social media group... invite them to talk with you.	Play for “YES, I would love to talk with you.”
Visit a new place with the intention to meet someone by chance; or to get inspired by something you experience.	Play for “YES”, I will engage with you in this moment; then anything is possible.

## 2) RELATE for INFLUENCE: (to make an offer)

Here you take the relating action with the intention of producing a resulting positive influence on another.

You embrace the risk of rejection (and judgment).

<i>Relate for influence</i>	<i>Risk Rejection</i>
Enrollment and recruiting for your business: Connect with potential clients.	Play for “YES, I would LOVE to be your client!”
Enrollment and recruiting for your ideas: share with colleagues about something important to you in order to enlist their support.	Play for “YES, I will support you”.
Reach out to an influential person that you know to share about your dream and ask them to introduce you to a person or group.	Play for “YES, I will introduce you”.
ASK people involved with your company in any way - as employees, customers or advocates - to talk with you about THEIR vision for your company / cause.	Play for “YES”, I will talk with you contribute my ideas.

## 3) A “Co-CREATE for Inspiration (to Share)

Here you take action to CREATE a “thing” or “experience” and then share what you have created to get the resulting engagement, participation or feedback.

It can also be expressing an ability that you have that you rarely if ever use.

Usually it is the “sharing part” that involves the risk disappointment (or failure).

The rewards are many including the joy of seeing that your “thing” had a positive impact and the feedback that you receive that helps you improve it for the next time.

<i>Create to Share (sharing a thing or an experience)</i>	<i>Risk Disappointment (and judgment)</i>
The self-expression/business skill of blogging/posting: write provocative posts that spark engagement.	Play for comments about the value of your article”.
Write a chunk of your book and ask for feedback from different readers.	Play for “YES, I would love to read it and give you feedback.”
Create a “beta” version of a program / product / experience / method and invite people to be a part of the “beta” group.	Play for “Yes” I will participate in it and share my feedback.

Organize a talk, “meetup”, zoom event or even a party.	Play for “YES, I will attend.”
A Personal challenge to do an action every day (for example: exercise in a unique way) and share the experience WITH a different person each time; or a rotation of a few people. (expand out from the typical “accountability partner”)	Play for “YES, I will participate with you.” AND they show up.

#### 4) Play for Transformation. New activities, create value and growth

Playing for Transformation is about using your imagination to create new peak experiences with chosen companions. This can be doing an action that you have never done before; OR doing an action in a new way.

The desired result is that what you expect happens or something even better than you expect happens.

The risk is that you make a mistake or make a mess. Often you will experience a feeling of fear, doubt or uncertainty because of this risk.

The reward is that you discover a new way to do something that is really effective or that you learn something or get an even better idea. And you gain practice in judgment-free awareness.

<i>Play for Transformation</i>	<i>Risk Mistakes</i>
Pick an area of your life / business and imagine new ways of playing it. Proactively think of the value and growth you want to experience with your companions.	Do it and observe what happens with judgment-free awareness.
Pick an area of your life / business and look at all of the actions and results. Proactively find a person / partner to co-create new ways with; (perhaps someone who does a similar things)	Do it and observe what happens with judgment-free awareness / learn from each other.

### The BIG question you might be wondering...

How / where did I get all of these fears?

How did I become so fearful of activities that seem so natural and essential?

**This is the question of the century! (quite literally)**

In Session 3 we will explore how this happened to all of us.

## 01-05) The Human Journey with a Coach

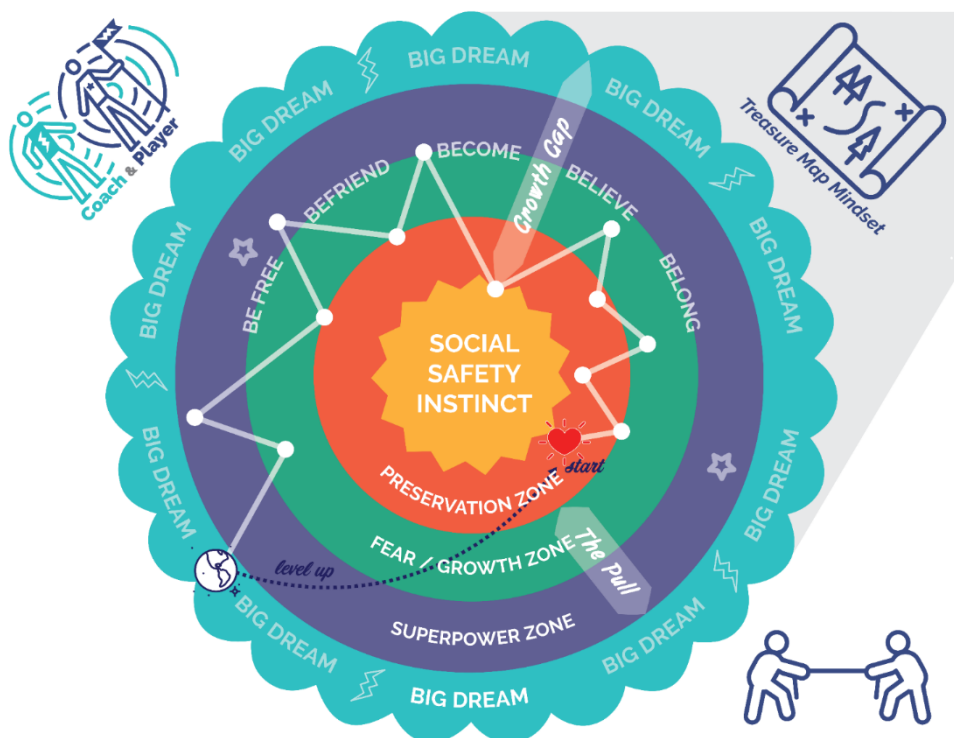
It used to be called the Hero's Journey. We believe that EVERY human can choose to live a hero's life by playing for a BIG Dream to contribute to others by expressing their superpowers! So we call it the Human Journey.

One of the key ideas about Inner Freedom Coaching is called: your social fears are a treasure map to your Superpowers. This diagram shows this idea of travelling with your coach starting in the Preservation Zone, through the Fear / Growth Zone into the Superpower Zone to reach your BIG Dream. Let's walk through it.



### The Human Journey with a Coach

The Social Safety Instinct pulls the player in. The BIG DREAM pulls the player out.



The Coach guides the Player on adventure from the Preservation Zone, through the Fear / Growth Zone, and into the Superpower Zone. Notice it is NOT a straight line!

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There is a “play safe” version of your life that is available to you now in the Preservation Zone. In this life you preserve who you are and where you are. You are strongly influenced by the Social Safety Instinct to maintain the belonging that you have by avoiding any social risks. This is how most people live. But this is NOT how you live when you have an Inner Freedom Transformation Coach!

The outer ring is your BIG Dream! The adventure is to get your heart's desire out into the world. It is your heart that is calling you to adventure! This is where the experiences and results that you imagine happen with regularity. You are in the flow of life contributing your unique value to the world in a way that is fulfilling for you. AND after some time you will be in the Preservation Zone at your new level and it will be time to pursue your next BIG Dream!

The Fear/Growth Zone is the unknown. This is where you will face challenges that you cannot overcome as the current version of you. You will need to become the next version of you, uplevel your beliefs and establish a new environment of belonging. This is where you face social risks in pursuit of social rewards. In the Fear/Growth Zone you see the 5 BE's of Human Nature: Be Free, Befriend, Become, Believe and Belong.

The Superpower Zone is where you discover the powers and playfulness within you that have been hidden in the shadows that you will NEED to live your dream. You have Superpowers for influence, expression, visibility and change that you have not yet tapped into. OR you may be using them, but now you are being called to raise your level of mastery.

Your coach will be your guide every step of the way on the adventure.

Notice the “Growth Gap” (in the upper right). .

This is the gap between the sum total of who you are now and what you can do now AND who you must become to fulfill your dream. You have a vision of yourself playing life at a higher level of impact. This is a good thing!

Also notice “The Pull” (in the lower right).

We will speak about this often. This is the natural tug within all of us between the need to preserve “what is” by playing safe and the desire to pursue our heart’s Dream by playing BIG. The experience of “The Pull” will ALWAYS be there!

Finally notice “The Treasure Map Mindset”.

There is no Roadmap to your Dream! But... **there is an awesome treasure map**. Your adventure will have many side trails and speed bumps. You will experience moving out to the world and pulling back in toward the safety of the status quo. All of these experiences will provide you and your coach with clues that you will read together to rediscover the Superpowers that you will need to live your Dream NOW. AWWW Yeah! I love this part.

**In the Inner Freedom Method we explore The Growth Gap, The Pull, and The Treasure Map.**

## ***01-06) Our Human Nature Superpowers***

We all have the Superpowers of Human Nature:

- The Ability To Dream
- The Drive to BE Free
- The Love to Befriend
- The Urge to Become
- The Ability to Believe
- The Need to Belong



Your coach is on the adventure with you to live your dream now AND to activate your Human Nature Superpowers! Awesome. AND if you are like most people, you don't have

great clarity about what these Superpowers are. No worries. Your coach and I will guide you together.

Here is a quick overview to spark your curiosity.

After To Dream, they all have a “BE” to make them easy to remember:

## The Ability To Dream

- Choose your Desire (your focus for the next period of your life)
- Self-Love = I honor my unique being
- Self-Worth= I am worthy of living my dream; My Dream is worthy of support in my community.

## The Drive to BE Free.

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

## The Love to BEfriend

- Choose your companions
- Co-create = Two or more people creating together

- Collective Care = We attend to each other's well-being

## The Urge to BEcome

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient

## The Need to BELong

- Choose your environments



- Self-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group

### **The Ability to BELieve:**

- Choose your beliefs.
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe

### **Connecting a few dots**

Let's look at this model as three columns.

The left column – The Drive to Be Free and The Urge to Become – are superpowers of individuality.

The right column – The Love to Befriend and The Need to Belong – are superpowers of relating; with other individuals and within the culture. These are our superpowers of Culture absorbing and culture co-creating.

The center column – The Ability To Dream and The Ability to Believe – are superpowers that create the connection between our experience of individuality and our experiences of being part of collective. The superpowers of the middle column are the Super Glue that holds the whole thing together!

### **Inner Freedom and the Ability to Believe**

You see that the symbol for the Ability to Believe is the Treasure Map!

This Inner Freedom Coaching experience is strongly oriented toward cultivating your natural Human Ability to Choose your Beliefs!

This is SUPER juicy and essentially what INNER Freedom is all about.

The object of the “game” is to align your Beliefs with your Dream so that you can easily flow and respond to what your Dream needs you to do.

This will include conscious beliefs that you think.

And it includes non-conscious beliefs that you feel.

Many of our non-conscious / feeling beliefs take the form of fear and fear adjacent experiences like doubt and overwhelm.

Notice one of the key words for the Ability to Believe is called Self-Preservation. Exploring our MULTITUDE of self-preservation beliefs – and some Self-Confidence beliefs too – is the focus of the Inner Freedom Method.

Throughout this program together we will explore the influence our beliefs have on our ability to express both our Human Nature Superpowers AND our YOUUnique Superpowers.

## 01-07) Human Nature Superpower: The Ability To Dream

In this session with your coach, they are going to ask you about your Dream.

Remember in the Introduction we explored ideas for your Dream.

Playing for your Dream is all about loving life and feeling alive... EVERY DAY!

### Choose Your Desire

For each of the Human Nature superpowers we focus on one aspect of our power to choose. With the power to Dream you exercise the power to choose your desire. YOU have this power.

The power to choose your Desire does not mean you will only do one thing. But it can mean that you find a way to connect everything you are doing to your Dream like a wildly creative mosaic. FUN!

### Self-Worth

Part of the Dream Human Nature Superpower is Self-Worth. This means that you KNOW that you are worthy of living this dream. AND that your Dream is worthy of support from the people around you.

I believe that there is real wisdom in our waking Dreams. If we have a Dream, something within us knows that we are ready – and worthy - to live it.

### Self-Love

Finally, Self-Love is an essential Human Nature Superpower connected to your Dream. Self-Love means that you embrace every aspect of YOU; everything serves a purpose. This is super important because as you pursue your Dream you will be called upon to express parts of you that may have been dormant for a while; or possibly have never come out before. Embrace the mystery of YOU and enjoy all of it as YOU emerge.

### Your BIG Dream

#### Our Dreams are a mystery!

Why do some people want to lead teams in business projects and others want to drive fast cars around a track? Who knows!

Our Dreams come about usually when we experience something in the world around us and something inside of us kind of jumps! “Oh, I want to do that!”

I think the key is to embrace the mystery of our Desires and find a way to live them.

Finding the way to live our dreams is a big part of what Transformation coaching is all about!

All coaching begins when you have a Dream and choose a coach to guide you on the adventure. As the “player” you must have a vision of experiencing something beyond what you are doing today; you must have a desire to become the next version of YOU!

“BIG” means big for you. That’s all.



We use the word Dream rather than objective or goal for a few reasons. First these are Industrial Words. Second, we want you to tap into your imagination, your heart, your playfulness and your desire, among other things.

You may be very clear about your Dream. However, if you are like most people, your dream starts out a bit “fuzzy”. If that is you, please don’t let that stop you. Start with whatever clarity you have and know that your dream can come into clarity over the next several weeks with your coach. AND it is absolutely OK to change your dream half way through the adventure.

“I create as I speak” (The Ancient Power Phrase). Your Dream will get clearer and more energized every time you speak about it with your coach AND the other folks on your Dream Team.

Here are a few thoughts to help you hone in on your Dream right now.

- Focus on something that you CAN do right now. It is great if you also have a “someday” dream, but your coach can only guide you toward a dream you can pursue now.
- If you have a “someday” dream that is not possible now, choose a dream that will develop you in a way that moves you toward your “someday”.
- Choose something that will pull you out into the social world of other people; even if that is virtually rather than face-to-face. Something that you can do by working in isolation is not a BIG enough dream for playing with a coach.
- Choose something that will ask you to GROW; something that will take on a life of its own and “ask” you to become the next version of YOU.

## ***01-08) Human Nature Superpower: The Ability to Believe***

**The Ability to Believe.** Humans are believers. The ability to believe is the catalyst of all human civilization.

**All of our beliefs – about how life works, who we are and what is possible for us – come from navigating between our urge to become and our need to belong. In other words, we get our beliefs from our interactions with the world around us.**

Some of our beliefs are conscious and we think and talk of them often. Most of our beliefs settle into a non-conscious level within us and have a non-stop profound impact of what we do and don’t do on a moment-to-moment basis.

A big benefit of having a Transformation Coach with the Inner Freedom Method is that by observing you they can bring your non-conscious beliefs into awareness so you can explore them. Then you can choose the beliefs that align with your Dream and gradually let go of the beliefs that don’t align.



**Ability to BELieve**  
Self-preservation  
Self-confidence

Here is a quick check in on your Belief about Beliefs.

Do you believe that you can choose your beliefs?

Do you honor your self-confidence beliefs that you CAN do a social action?

Do you honor your self-preservation beliefs that it is not safe to do a social action?

Do you notice when you have both self-confidence and self-preservation beliefs about a social action at the same time?

This situation happens A LOT! We call this situation “The Pull”. We will get into this in great detail as we move along.

### **A Dream you can BELIEVE in**

A major theme of the Inner Freedom Coaching Program is expanding and using your Human Nature Superpower: The Ability to BELIEVE.

We Humans are believers... It is such a powerful force in our world AND like most power it can be used for good... or not so good.

So, the question is: What is a Dream that you can believe in? At least for now.

And as your Inner Freedom expands, and as you have more ability to choose new beliefs, it is possible that your dream will shift or even grow.

In the first few weeks of this program, we will explore each of the Human Nature Superpowers through the lens of Belief. In the model you see that The Ability to Believe is at the base... it is the foundation of our Human Experience.

You also see that To Dream is in the center of the model. On a personal level, everything revolves around our Dreams.

The point I want you to consider as you begin this adventure to live your dream is to wonder...

What do I BELIEVE is possible?

What do I BELIEVE is realistic?

What do I BELIEVE I am capable of?

### **Ready to go!**

All right!! That is all you need to know to jump into Inner Freedom Coaching Session #1.

One last thing...

Coaching is a co-created experience. There is no right or wrong answer to questions or explorations.

The point of this playbook is for you to understand the concepts that will help you dive into the co-creation; this is where the real fun and big breakthroughs come from.

Be your full-on Self; trust your Self and trust the experience.

It is going to be awesome, illuminating... and FUN!!

Enjoy it!

## Session #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”*

## 02-01) Prepare for Session #02 – Pivotal Moments

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

A mini version of the Coaching Notes Play Sheet for Session #2 is on the right.

The purpose of these sheets is to provide you with a basic structure where you can write in just a few key words during or after your coaching session; like a mind map.

A coaching session is not school! You don't need to write a lot down. It is a co-created experience so you need to be fully present and fully participating. Having the structure of the conversation on the page allows you to just write a few words in each section that you can review after the session.

The trick is for some parts of the coaching session you will be visualizing with your imagination and you will have your eyes closed; not an easy way to take notes! After each visualization write a few key words in to the relevant box.

### Before the Session

For the start of your coaching session have your Play Plan Playsheet from the previous week in front of you. It should have your notes from your experiences of playing for your dream. Highlight a few moments you want to share with your coach.












### 1) The BIG Dream

Your Coach will ask you to speak your Dream every week. Allow yourself to speak it from the heart each time. You may notice yourself describing it in a new way. Write down the key phrases at the top of your sheet.

### 2) Celebrations and Results

Celebrating is an essential human bonding experience. There is so much to celebrate, especially when you are playing for your Dream. Celebrate any experience that was noteworthy for you! Remember: A Result is when something happens in the world as a result of your actions.



Inner Freedom Coaching Session #2 Notes		Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: Pivotal Moment
2. CELEBRATIONS / RESULTS 	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING  RESULTS NOT HAPPENING	
4. PRACTICE PLAN: Pivotal Moment		
5. PRACTICE		
#1. PRE-PLAY THE SCENE 	#2. THOUGHTS with JFA 	#3. SCAN THE BODY FEEL THE ENERGY 
#4. SCAN FOR BODY BELIEFS IT'S NOT SAFE FOR ME TO 	#8. DREAM ALIGNMENT HEART'S INTENTION 	#9. PRE-PLAY THE MOMENT 
6. Growth Zone What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers? 
7. PLAY PLAN: What social actions?		

- Celebrate social actions you did for your Dream
- Celebrate unique challenges you experienced while playing
- Celebrate when your intended results for your Dream happened!

### ***3) Explore the Fear/Growth Zone for Pivotal Moments***

Share with your coach the key moments from your week of play. Sharing is powerful. As you talk about it you may come to a new realization or understanding. Avoid the “task list read out” vibe. Share each one as a short story.

- *Actions Not Happening*
- *Results Not Happening*

Then with judgement-free awareness note anything you planned to do but did not; and when you took action but did not get your desired results. BE **JUDGMENT FREE!!!!**

### ***4) Choose a Pivotal Moment to Practice***

The next step will be to choose a ***pivotal moment*** from all the possible moments. You may know exactly which one to choose. If not, your coach will help you choose one.

Write the essence of it on your play sheet.

### ***5) Practice***

Then your coach will guide you through the Method.

***Thoughts*** – Share what comes up for you with judgment-free awareness.

***Body Sensations*** – This is an eyes closed exercise; after you do it write a few notes. As far as noticing body sensations, this may be new for you. Stay as open and receptive as you can.

***It's not safe for me to:*** - This will reveal a body belief / non-conscious belief.

***Heart's Desire*** – This will connect your dream to the moment you are exploring.

***Pre-Play the moment*** – This is a powerful exercise to put your energy into a vision of the future.

### ***6) Growth Zone***

It is valuable to capture your growth-oriented insights right as they happen. It is easy for them to disappear when you get back into your day.

### ***7) Play Plan***

You and your coach will co-create a few actions to focus on in the days ahead. This is just a start. You will develop a complete play plan each week and write it on a new Play Plan Play Sheet as soon as possible after the session.

## **The Value of the Play Sheets**

You will remember all the key points and create a compelling narrative of the experience.

It is also very helpful to review the sheets from time to time to look for patterns. And it will be fun to review after the adventure is over to remember the key moments along the way.

## **Ready to go!**

Again, remember that your coaching session is a co-creation with your coach. It is not a test; it is not a counseling session to talk about your problems. It is an opportunity to explore new ways that you can play BIG for your dream. To prepare for the session all you need to do is refresh your memory of your pivotal moments from your week of play.

## *02-02) Transformation from ignoring moments to exploring moments*

I have two transformations for you to play with in Chapter 2.

### **Transformations**

**From:** Ignore moments that don't go well

**TO:** Explore Pivotal Moments



**From:** Judging your thoughts

**TO:** Noticing thoughts with Judgment-Free Awareness

In the Industrial Control Culture things are not supposed to go wrong. Everything is supposed to go according to plan as long as you follow the directions correctly. Often there is a feeling of shame or blame when a situation doesn't go well because there were mistakes made.

As a result of this cultural vibe, we tend to ignore moments that don't go well. Ignoring is better than shame or blame.

However, in a coaching culture where we play and practice it is a totally different vibe! When a moment doesn't go the way we desire, we see it as an opportunity for exploration and growth. With awareness and practice we can play better and get our desired experience the next time... or the next time after that.

We call this approach the Pivotal Moment Technique.

As a player, you notice your moments where there is a potential for growth and approach them with judgment-free curiosity.

This brings us to the next transformation: noticing your thoughts with Judgment-free awareness.

This is a big deal for us in the Industrial Control Culture. Our culture is super judgy about everything so we learn to judge our situations, our selves and our thoughts.

The idea to consider here is that most of our thoughts come from the culture around us. Very few thoughts are "original" even though they all feel very personal.

A truly amazing Human ability is the ability to observe our own thoughts. We can notice them and choose to empower them if they serve our dreams and let them go if they don't.

We will get to that in Chapter 8... we have a lot to do before then.

For now the invitation is to notice your own thoughts without judging them as good or bad or valid or invalid.

Assume every thought is valid and is serving some purpose.

Whether you support the purpose or not is another matter. Like I said, this will come in Chapter 8.

Another topic we will get into later is not shaming or blaming our own thoughts as “negative self talk” or self-sabotage or a mean beast living in our minds.

The vibe we are going for here is something like this: “Oh, I just noticed I had a negative thought about myself, how interesting. I wonder what the purpose of that thought could be? Mmmm.”

## **02-03) Notice Your Beliefs About Freedom and Friendship**

### **Drive to BE Free**

Remember the keywords from our Human Nature Superpower: The Drive to BE Free.

- Choose your adventure (every day)
- Self-trust = I trust my inner knowing
- Self-determination = I can choose to do it; I don't need permission.

**Drive to BE free**  
Self-determination  
Self-trust



Let's look at this through the lens of Belief...

Remembering that most of our beliefs come to us from the culture that we are in (or have been in in the past)

Do you believe you can choose your adventure every day?

Do you believe that you can trust your inner knowing?

Do you believe that you can choose your actions without permission from an authority?

Or do you believe that you will “get in trouble” for certain actions that you would otherwise desire to do?

### **Love to Befriend**

Remember the keywords from our Human Nature Superpower: The Love to Befriend

- Choose your companions.
- Co-create = Two or more people creating together
- Collective Care = We attend to each other's well-being

**Love to BEfriend**  
Collective care  
Co-create



Let's look at this through the lens of belief...

Do you believe that you can choose your companions?

Or have they been chosen for you?

Do you believe that you can CARE about the people around you?

Do you believe that the people around you CARE about you?

Do you believe that you can co-create with the people around you?

Do you believe that it is safe or wise or valuable to co-create with them?

These are juicy questions for sure.

During our adventure together, look for ways to revive and practice these awesome Superpowers within your Human Nature!

You were born for this!

## 02-04) Choosing a Pivotal Moment to Practice

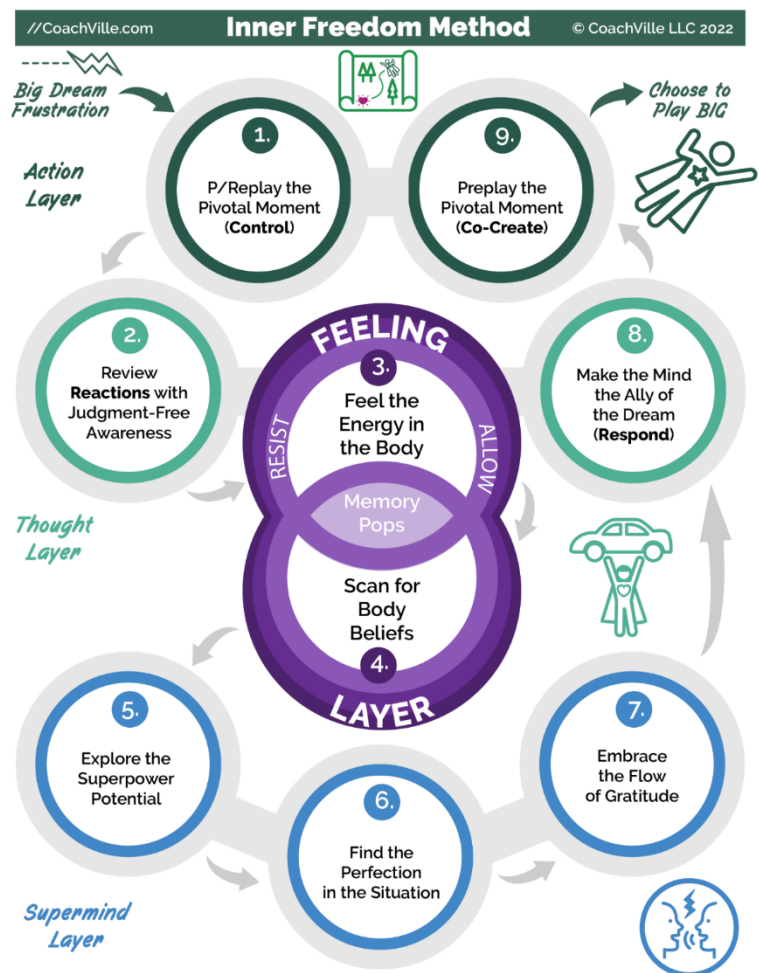
### The Pivotal Moment is a powerful way to practice LIFE!

The first part of your coaching session each week will involve reviewing some of the events from your week of play. This weekly exploration serves several good purposes:

- 1) Your coach can celebrate with you the moments that went well and
- 2) Your coach can explore with you the moments that didn't go so well.

From this exploration you and your coach will choose a moment to practice using the Inner Freedom Method.

A metaphor that really helps in understanding this aspect of Transformation Coaching is to imagine an athletic coach watching their team in a game. In a game there are MANY



moments that happen. When the coach and the team gather for their next practice, the coach will have selected a few pivotal moments from the game to focus on with the players. Then they will practice ways to play better in moments like that in the next games.

This is the same idea, except you need to play the key role in noticing the pivotal moments because your coach isn't watching you play. So what I aim to do in this chapter is share with you how to notice a pivotal moment when you are playing for your dream. In any week of play there will likely be several juicy pivotal moments to explore. Your coach will help you choose the ONE to focus on for the session.

Before we move onto the Steps of the Method, I want to share with you some BIG ideas about how to notice pivotal moments while you play for your dream.

## 4 Pivotal Moments of Inner Freedom

As you look at the model you might notice that it is similar to some of the ideas and images from the Playsheet for Session #1 when your coach was asking you about the actions that were not going so well in playing for your Dream. A VERY IMPORTANT point for this exercise is to maintain judgment-free awareness; be open and curious; no blame, no shame. (I am going to remind you about this every week; the Industrial Control Mindset we all inherited is super "Judgey")

The reason we are going into this in such detail is because MOST of the time these pivotal moments go by so fast that we don't even notice them. There is a LOT going on, but it is happening at a non-conscious level so most of the time it passes by. BUT... now that you have an Inner Freedom Coach you need to learn how to pay attention to these moments.

### Resist the Action

This is typically the easiest to recognize. This is when there is an action for your dream that you intend to do and even want to do but you just don't seem to do it. You find yourself putting it off; sometime deliberately and oftentimes non-consciously by "getting busy". If it is an action that is important for your dream, and you are not doing it then you are resisting it; there is some kind of fear involved...plain and simple.

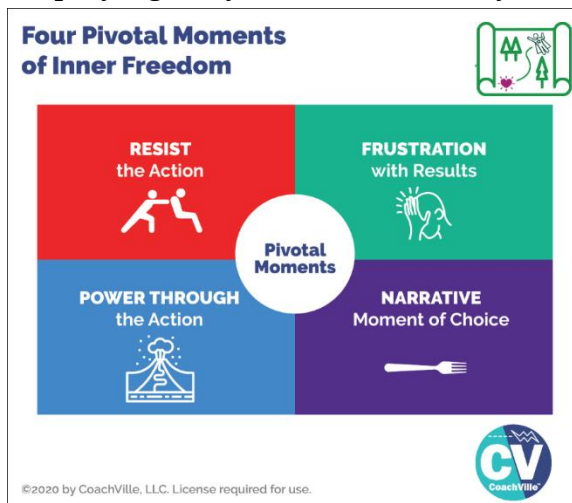
### Power Through the Action

Powering through is very similar to resisting except that after resisting the action for some time you eventually do it. BUT typically, you have to really gear yourself up to do it. Or you just get so annoyed with yourself for not doing it that you just do it to get it over with; not the best energy for an action that is part of living your dream! ;-)

The purpose of Inner Freedom is for you to get into your actions with an easy flow!

### Frustration with Results

This is when you take the action, but you don't get the results that you desired. Remember with your BIG Dream we are talking about playful actions where you can't control the



outcome, but you can influence it. So, when you don't get your desired results that is an opportunity to expand your influence.

This is situation where your energy may be impacting the outcome in a way that is not beneficial. But it is VERY difficult to notice your own energy while you are in the moment. A goal of your coach with Inner Freedom Method is create awareness of how your energy is flowing in the moment you take the action. When you shift your energy, you often get better results.

## **Narrative Moment of Choice**

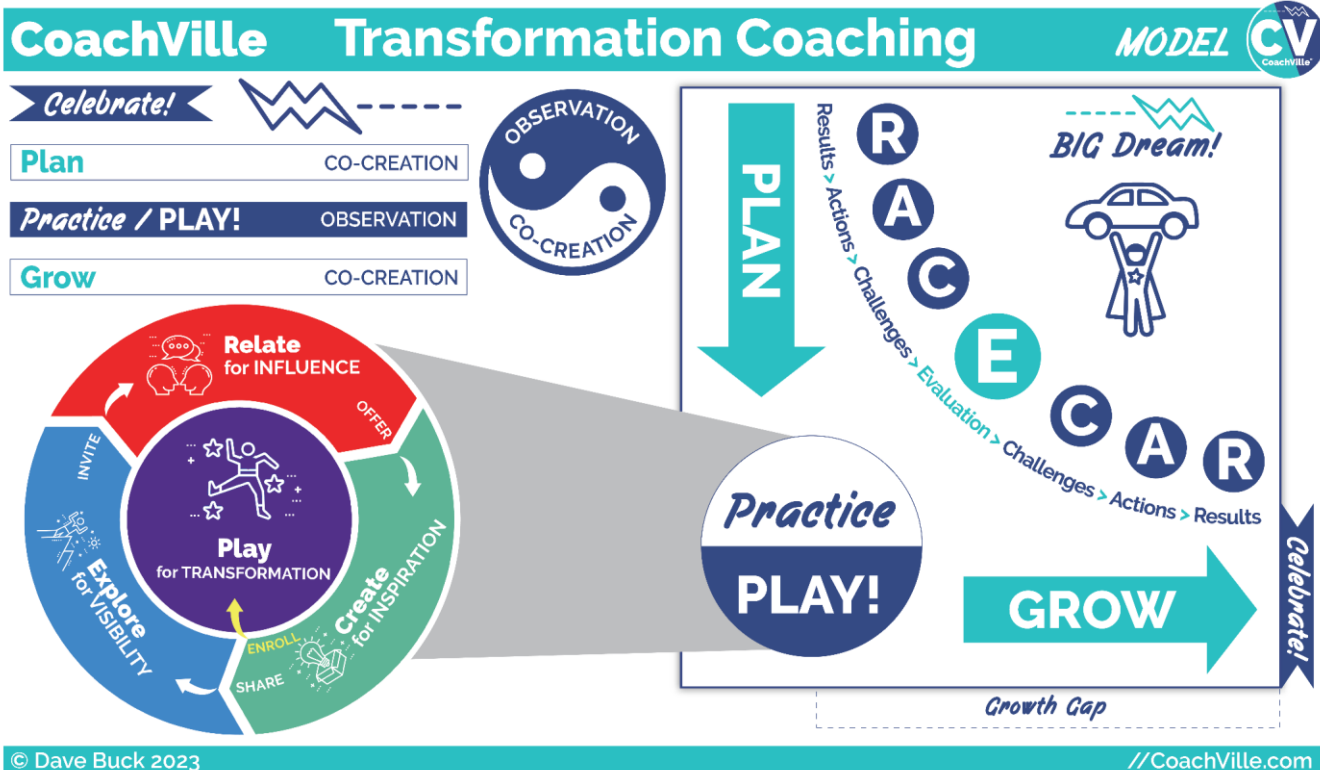
This is a situation where there is a “story” involved about how or why something didn't happen. Typically, in a story like this there was a moment of choice to go one way or another. (the metaphorical fork road) In that moment you made a choice that pulled you toward the safety zone and away from your Dream.

## **02-05) Transformation Coaching Technique**

To help you make the most out of your coaching experience I am going to share with you how to get into the rhythm of playing with a Transformation Coach. There is a coaching technique we use to create this rhythm called: Plan-Play-Grow. If you have ever had an athletic coach or a performance art coach then you will recognize this technique.



On a personal note, I first learned about this technique by observing my mom who was a piano and voice coach. Her music studio was right beneath my bedroom in the house, so I heard coaching happening every day after school. Even though I wasn't tuned into the details I did notice one very dramatic thing: over time all of her students played a lot better! This is exactly how it happens... and it yields great results almost every time.



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Let's explore this model together.

We start in the upper left where you see Plan – Play / Practice – Grow – Celebrate. You also see the yin/yang symbol with the core of the coaching experience which is observation and co-creation. You may recognize those terms from the definition of coaching I shared with you.

Next, look at the right side of the diagram. You see the Plan – Play / Practice – Grow – Celebrate again but this time you also see what we call the RACECAR acronym: Results – Actions – Challenges – Evaluate. We will get into that in a few moments.

Also, in the lower left you see a call out from the Practice / Play circle into the 4 primary activities of playing for our dreams; AKA Social Play. You saw this in the Playbook Introduction. (It's all coming together!)

Whew! We have a lot to talk about here.

Let's first get clear on the coaching rhythm because it will really help you get the most out of your sessions with your coach.

In the coaching session:

You and your coach will celebrate the notable experiences since your last session; especially moments of play where something good happened.

You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played. You will also explore your insights. And you will share specifics about key playful actions and the results in the world.

You and your coach will PRACTICE together to co-create new awareness, new possibilities, new capabilities and new confidence. We will explore a few practice techniques in this Inner Freedom Coaching program but mostly the technique called: The Pivotal Moment.

You and your coach will capture your GROWth from the session. (The Growth Zone in the Coaching Notes Play Sheet) The intention of a good coaching session is that you grow during the session... and then continue to grow as you play in the world. Make a few notes on your coaching notes sheet as you talk together.

You and your coach will co-create your play PLAN for the upcoming time frame; focusing on the 4 types of actions to play BIG for your dream.

You will write out the most important items on your Play Plan Playsheet.

Then...YOU go out in the world to play:

You PLAY for your Dream aiming to co-create RESULTS and experiences by taking the 4 types of ACTIONS and facing CHALLENGES along the way.

You notice your GROWth opportunities as you play.

Make a few notes on your playsheet about what happens as you play (or avoid playing).

In the next coaching session:

You and your coach will CELEBRATE your RESULTS (and your challenges)

You and your coach will co-create a coaching PLAN for the session by first EVALUATING what happened when you played.

You and your coach will PRACTICE together.

You and your coach will capture your GROWth from the session.

You and your coach will co-create your play PLAN for the upcoming time frame.

YOU go out in the world to play:

The rhythm repeats from here.

When you get into this rhythm with your coach, you will be amazed at how quickly you feel your progress and good things start to happen. It really is fun.

## **Understand RACECAR**

One of the most important transformations that your coach and I want to help you make is from Industrial Control to Social Play.

Understanding the acronym RACECAR from the Plan-Play-Grow technique can help you make this shift.

## **R is for Results in the world**

Probably the most challenging part of the shift is the focus from completing tasks to co-creating results in the social world.

In the Industrial Culture we were told to only focus on what we can control.

So, we should only focus on completing our tasks and doing them right; mostly in isolation so that we don't bother anyone. Since we can't control what happens with other people, we should not put our attention there.



In the Connected Culture it's ALL about co-creating with others; we use our powers and energy to be a positive influence in the world; to make a positive impact.

We put our attention on the results that happen because that is the purpose of playing for our dream. In play you have to look beyond yourself... out into the world or people around you that you aim to influence or contribute to or be seen by or make changes with.

In play... there is NOTHING you can control. When we play for results, sometimes they happen and sometimes they don't. That is what makes it play. Practicing with a Coach to play better means getting the results we desire more often than we do right now.

Remember the results from our 4 pivotal moments of social play: influence, expression that contributes to others, visibility and change.

### **STOP getting people under control**

Another quirky angle on Results from the Industrial Culture of Control is that we SHOULD be able to control everyone and everything by following the manipulation instructions properly.

There are a lot of manipulation techniques in the Industrial Culture because the whole focus is on getting everyone and every situation under control. This is very difficult of course because as I emphasized in the Introduction, we humans HATE being controlled!

So, what happens most of the time is that our attempts to control are futile and frustrating. This is one of the reasons why there is so much chronic anxiety and depression in the Industrial Culture: people are in positions or roles where they are supposed to control other people and they are judged based on their ability to control others. This is SUPER stressful.

Letting go of the delusion of control is one of the most freeing benefits of shifting into the Connected Culture of Playing for Influence as a co-creator.

This is a LOT of what Inner Freedom is about.

### **A is for Actions with your Superpowers**

We all do a lot in a given day. The key here is to find moments when you can take the social play actions: relate, create, explore and experiment.



Since we are all used to going through our days completing tasks, it requires some intentional effort to get into play.

A) There are some actions that you are doing already that you can now approach playfully.

B) You can intentionally add playful actions into your day.

Playful actions are when you aim to be a positive influence on someone or co-create with them AND you pay attention to the result that happens (or doesn't happen).

### **The Growth Gap**

The idea of the Growth Gap is integral to coaching. You have a current level of facility with playful actions and your superpowers. And you and your coach share a vision that you can expand that facility.

You can co-create the results you desire more often.

You can PLAY better.

The key to getting into play mode is to drop the Industrial Culture Control mindset that you have to do things perfectly every time. This “perfection trap” is antithetical to play. It literally makes it impossible to play and that was the intention; to get you to stop playing and become a compliant worker doing what you are told to do by the boss. Sad but true... we have been doing this to each other for a long time now.

But not anymore!!!

You can break free of the perfection trap and enjoy playing again.

The next step is to embrace challenges.

## **C is for Challenges with the Spirit of Play.**

When I was describing results, I wrote that sometimes they happen and sometimes they don't. This is the nature of play.



Well, everything that contributes to the desired result NOT happening is a challenge.

There are several different types of challenges.

- 1) A challenge where you need to develop more skill and experience in what you are doing.
- 2) A challenge where you experience some doubt or fear related to what you are doing.
- 3) A challenge where there is something in the world – probably some force of the status quo – that doesn't want you to achieve your desired result.

The key to being playful is to embrace challenges with the spirit of play.

There are some challenges that you are already aware of. And there will be plenty of challenges that you don't even know about yet but will arrive as you play more and more.

Every challenge presents you with a growth opportunity. Growing and playing better is fun! Players embrace challenges. Great players LOOK for challenges.

When you are really passionate about the result you are playing for, the experience of a challenge elicits your Superpowers. Somehow the challenge causes you to reach deeper into yourself and your real power comes through. This is why playing for dreams can lead to surprising discoveries within yourself.

A benefit of playing with a coach is that you can talk through what is happening when you play and identify the challenges you are facing. And then co-create a plan to play with them by expressing your superpowers.

## **There is nothing wrong.**

Embracing challenges is another element of play that requires a shift from the Industrial Control mindset. When the focus is on following the instructions and keeping everything under control, a challenge usually meant that you were doing something wrong. IT meant that you were not perfect... oh the horrors!

Embracing challenges as fun growth opportunities – rather than something is wrong – will significantly reduce your stress and expand your joy.

## **E is for Evaluation with judgment-free awareness**



I know that the experience of being evaluated can bring up a lot of bad memories. Starting with the dehumanizing and traumatizing testing we all suffered as children in school. Followed by the dreaded performance reviews many of us suffered in jobs. The purpose of the whole thing was to show you what you were doing wrong. UGH!

I am inviting you here to look at evaluation with a fresh perspective. YOU are not being evaluated. YOU – with your coach - are evaluating the results WITH judgment-free awareness. You are doing this to assess the impact you are having and look for ways to play better.

In this setting, evaluation is a co-created experience aimed at helping you become MORE. This is another situation where it will take a little practice to shift out of feeling that there is something wrong into seeing ways to grow.

You and your coach will do it together.

### **C-A-R is looking at it from the other direction**

- You experience and embrace a challenge
- You take your playful actions
- In pursuit of your desired Results.

The idea of the RACECAR acronym is to look for results, actions, challenges and evaluation for growth opportunities in a fun and playful way.

Next let's get into the Inner Freedom Method!

## **02-06) Step #1 P/Replay the Pivotal Moment**

The BIG idea here is that we CAN practice life. We can do it by using your imagination and body awareness.

Once you choose a pivotal moment to play with the next few steps of the Inner Freedom Method are sort of like watching game film of the moment together. Looking at the moment together from an Energy Alignment perspective... you will explore the action, thoughts in your mind and physical sensations in your body. This is the first step in getting your hearts intentions out into the world.

To start you will bring the moment into your imagination and play the scene out and describe what is happening to your coach so that you can “look” at it together.



We use the treasure map as the symbol for this part of the process. The idea is that by exploring this moment in time we will activate your mind and body. This will provide us with clues on the treasure map to find your Superpowers.

Using your superpowers will give you more confidence and self-expression the next time you do this action in the world.

## **Replay OR Pre-Play**

Often you will replay the moment that happened in the past week.

However, you can also preplay a moment in the future.

This is an advantage that your imagination has over actual game film in an athletic coaching situation. Your imagination is so powerful that you can preplay a moment in your future with just as much detail as you can replay a moment in your past.

## **The key to success**

The key to success with this technique is to be very specific about the moment you are practicing. Remember that we are practicing social play which means there is an action and an intended result.

Get into the details of the scene:

- Where you are physically
- What is in your surroundings
- What you are doing or intending to do
- What result that you are playing for

Quick example of “Resist the Action” Moments:

NOT SPECIFIC

I am upset because my boss doesn't respect me.

SPECIFIC

I am in my boss's office. It's pretty much a bland corporate office. We made an appointment to talk for 10 minutes. I need to tell him that I think he is not respecting me during team meetings and ask him to let me share my ideas without interrupting me. He will probably interrupt me while I am sharing. My desire is that I will be very calm and point out that that is exactly what I am talking about. But I am afraid that I will just freeze and agree with whatever he says. The result that I am playing for is that he will listen to me with an open mind and give me a chance.

Note: this would also be a great situation to role play which we will practice in a few weeks.

NOT SPECIFIC

I need to get out there to meet potential customers.

SPECIFIC

I am at my computer in my home office. I have some Miles Davis playing in my headphones. I am writing an article that I want to post on Linked IN. I make an outline for what I want to write but then my mind goes blank as soon as I start to write. I write a sentence and then back space over it.

OR I write the article, but when I am about to click the button to post it, but I can't click it. I change my mind and decide to wait until I have more time to proofread it again.

### 02-07) Step #2) Review Reactions with Judgment-Free Awareness

Our minds are truly amazing! And we are going to tap into this amazingness in Step #2 of the Inner Freedom Method.

While you imagine yourself in the scene of the Pivotal Moment (either replay or preplay) you can also notice the thoughts that are going through your mind in that scene. We refer to these thoughts as reactions because they frequently reveal how you are reacting to the situation; usually your non-conscious beliefs will aim to keep you safe by popping thoughts into your mind that will keep you "in the safe zone / self-preservation zone". In Step #8 we will make a transformational leap from react to respond.



So, you are both in the scene and also the observer of your thoughts about the scene AT THE SAME TIME!

BIG WOW!

And your coach is there with you also observing as you describe the scene and then your thoughts.

The big breakthrough here is to notice your thoughts **with judgment-free awareness**.

This means that you are gentle, open and curious about every thought that you notice. No filter, no blame, no negative assessments, no ignoring some because they don't seem relevant... just notice and share each thought; they are all relevant and valuable.

Your coach will help you make sense of it all as you move along.

#### Brief review of Steps 3,4,8,9



Your coach will do steps 3,4,8 and 9 with you for the first time in this session.

Steps 3 and 4 are where we explore what is happening in your body (The Feeling Layer) while you are in the scene. This may be a new experience for you so just go into it with curiosity. Feeling energy is something that gets better with practice... so this is just the beginning. Your coach will guide you so you can just relax and enjoy the adventure.

We will explore these two steps in detail in Chapter 3. It will be easier to explain after you have experienced it.

Step 8 is where you explore how your dream wants you to respond to the situation. This will reveal the opportunity to choose between your Dream and your Social Safety Instinct (Remember “the Pull”).

Then in Step 9 you use your imagination again to preplay the scene the way your dream wants it to go. It’s fun. This is the type of guided visualization that all of the top performers in Athletics, Performance Art and Life do with their coaches on a regular basis. It is powerful and it will lead to better and better play over time. YES!!

## ***02-08) Quick Prep for the full warm up.***

As I shared with you in Chapter 1, the full warm up for each Coaching Session consists of 3 steps:

- #1 The Connected Breath Technique – To activate your wisdom with heart – brain coherence
- #2 The Visualization Exercise – To activate your imagination and body awareness
- #3 The Share Your Dream Exercise – To activate your Human Nature

The whole things should take LESS than 5 minutes.

### **#1 The Connected Breath Technique**

This is a great thing to practice every day; especially when you want to feel connected like before a conversation or before creating something you intend to share with other people.

It might feel strange doing a technique like this while guided by another person. This is because most of us haven’t practiced this in our lives; in many circles it is known to co-create aligned energy.

It works even better when you:

- a) Close your eyes (only if you are in a safe physical space)
- b) Place your two feet flat on the floor
- c) Place one or both hands over your heart
- d) Intentionally feel your gratitude for life

### **#2 The Visualization Exercise**

For the second part of the warm up, your coach is going to ask you to choose one peak experience to actively play in your imagination. You probably have a few of these written down from coaching session #1 and thinking about it during the week.

The key is to practice using your imagination to bring a desired future moment into the present. In your imagination it is always NOW. Reclaiming and tapping into the power of your imagination will move your dream forward faster.

To help the warm up go smoothly and quickly, come prepared with a Peak Experience Moment to play with.

Your coach will ask you to bring the scene into your imagination for 30 seconds. You can do a lot in 30 seconds in your imagination!!

Have fun with it. You can share with your coach what you saw if you choose to; and you don't need to.

## Visualization Pro Tips

The purpose is to Activate your Imagination

This first session is all about YOU and your Dream. Your coach will explore your current vision for your dream from several perspectives. As I said before, don't worry about not knowing or giving wrong answers. When you speak from the heart everything comes out perfectly. This is why we do the Connected Breath Technique to warm up.

In one part of this session your coaching is going to talk with you about the Peak Experiences of your Dream. This will be important for the Warm Up.

### So what is a peak experience?

The basic version is to simply imagine yourself engaging in an action that you feel good about. The key is to really SEE it and FEEL the moment. While you are in the scene allow your imagination to flow; it will take you on a little adventure.

The more advanced version is to imagine a moment that you really want to happen as you play for your dream. To give you the idea I will share with you some peak experiences from my Dream right now.

In no particular order:

- I am sitting with my computer writing this little book and I am enjoying being in the flow of words. My mind is buzzing and flowing with clarity and my fingers are tapping the keys to keep up. I am feeling the moment when you are reading this and feeling energized about your journey with your coach. (Whoa! I am having a peak experience right now ;-)
- I am being interviewed by an influencer for a podcast. We are having so much fun talking back and forth about Transformation Coaching. I can feel that they are enjoying the interview. I envision several listeners being inspired to reach out to us at CoachVille to learn more about becoming a Transformation Coach.
- I am reading an email from one of our coaches sharing with me about a breakthrough experience they had with a player. They are thrilled that they have made a difference in the life of another person and grateful that they made the bold move to become a Transformation Coach. My heart warms with joy as I read it.

- I am teaching a class for our Coach Education program. The new students in the class from all over the world are buzzing with possibilities as we talk together. I can feel their courage to go out in the world and practice what they are learning.
- I am looking at the transactions screen for my online banking. I can see a few new deposits came in from folks who have signed up for our program. Cash flow feels good. We are earning just rewards for all we do to co-create a better world.

Can you feel the emotional words I use to describe these moments?

Can you feel that I am putting myself in the scene in the present moment?

Did you notice that I included other people in the moments? They are co-creations.

Did you notice that these are moments that I can't control? I can influence situations in pursuit of these experiences. But I can't MAKE them happen by myself. They are co-creations with other people.

These peak experiences are what I aim for as I play for my Dream every day. These are the moments that bring me joy. Some days they happen, some days they don't. But either way, the possibility of having these moments energizes me every day to wake up and play some more.

You will create a few of these with your coach. Your heart and your imagination will have them for you. Over time you will gain clarity on how to see them in your imagination and share them with your coach.

### #3 The Share Your Dream

Your coach is going to ask you to share your Dream in 30 seconds or so. It is super powerful to speak your Dream out loud in the presence of your Transformation Coach. Doing this amplifies the energy of your dream and your connection to the Supermind which is part of Energy Alignment.

There are two ways you can go about doing this.

One is to just speak it from the heart each time.

The other is to write out a few key phrases that are important to you and then practice every day. Practicing this each day – or a few times each day – can really move you toward clarity. Be open to noticing when you say it in a new way that sounds and feels even better; update your written version.

Both ways have merit so choose the one that feels best for you. Or switch back and forth each week. Have fun with it.

Now you can dive into the rest of the coaching session with real creative energy and connection.

My players LOVE this warm up. I hope you will too. Often during the session we notice more desired Peak Experiences to play with in future sessions. It really sets a tone for co-creation.

Whew! We are rocking and we are only 3 – 5 minutes into the session.

### Session #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*

## 03-01) Prepare for Session #03 – Feel the Energy

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

A mini version of the Coaching Notes Play Sheet for Session #3 is on the right.

You may notice that it is exactly the same as the sheet for Session #2.

When I use these sheets as a player – yes, I am a player too – I find it interesting to look back at the pivotal moments, thoughts, body sensations and beliefs from each session. Over time it will give you clues on the treasure map. Fun!

The session will follow a similar structure as last week but will be a different experience because you will practice a different pivotal moment.













A good metaphor for this is when I have coached with a voice coach. Typically a coach will have a similar structure that we follow for each session. But each session is unique because we are practicing different songs each time.

Think of your pivotal moments as the songs you want to practice.

BEAUTIFUL!

Plus, it's good to practice with each of these steps before we go a little deeper.



Inner Freedom Coaching Session #3 Notes		Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 		Session: <i>Feel the Energy</i>
2. CELEBRATIONS / RESULTS 	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING  RESULTS NOT HAPPENING 	
4. PRACTICE PLAN: Pivotal Moment		
5. PRACTICE		
#1. PRE-PLAY THE SCENE 	#2. THOUGHTS with JFA 	#3. SCAN THE BODY FEEL THE ENERGY 
#4. SCAN FOR BODY BELIEFS IT'S NOT SAFE FOR ME TO 	#8. DREAM ALIGNMENT HEART'S INTENTION 	#9. PRE-PLAY THE MOMENT 
6. Growth Zone What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers? 
7. PLAY PLAN: What social actions?		

## 03-02) Transformation from Resist to Allow

**From:** Resist or ignore the sensations in your body

**TO:** Allow and explore the sensations in your body

This is a very powerful transformation that leads to inner knowing and stronger intuition.

There are so many sensations that we feel in our bodies. Some are related to physical changes or an injury or illness to be aware of and take care of. While many of them have emotional or inner knowing content.

In the Industrial Control Culture there is a vibe that our bodies are machines that should just keep going, and that we can fix it when it is broken. And we don't even consider the possibility that a physical sensation could be our inner knowing trying to get our attention.



We call this “resist and ignore”.

In the coach approach we treat our body as an essential partner with wisdom to share. There is a compelling perspective that we will explore later that our bodies are our non-conscious mind. And our non-conscious minds are SUPER powerful.

There is great wisdom to be gained when we “allow and explore” the physical sensations that we are feeling in our bodies.

In the Inner Freedom Method there is an essential step where we take a moment to notice the sensations we are experiencing while we imagine the scene of a pivotal moment.

This is a truly amazing human capability! While bringing a scene into our imagination our bodies will feel sensations just as if we were in the scene in “real life”.

For example, you can feel “anxious” energy in our chest or stomach while you are watching a movie.

When we imagine ourselves in a scene and take the time to notice, allow and explore the sensations it will lead to incredible awareness.

The vibe is something like this: “Oh, when I imagined talking to my boss about a promotion, my throat really started to feel constricted. I wonder what that means?” Rather than, when I thought about talking to my boss my throat started to hurt. I must be catching a cold so I took a throat losenge and looked at my Instagram feed for awhile.

Again, this is the idea of the treasure map. These sensations are clues. It is not an exact road map. But it is an incredible treasure map journey.

Also, I love the cadence and the rhyme which makes it easy to remember:

Resist and ignore

Allow and explore

Have fun with this one. like I said, it will take you places!

## ***03-03) Notice Your Beliefs about Becoming and Belonging***

### **The Urge to Become**

Remember the keywords from our Human Nature Superpower: The Urge to Become.

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient



Now let's look at this through the lens of Belief...

Do you believe you can choose to practice something?

Do you believe that if you do practice you can get good at it?

Do you believe that you can express yourself fully?

Do you believe that the Spirit of Play is a superpower?

### The Need to Belong

Remember the keywords from our Human Nature Superpower: The Need to Belong.

- Choose your environments
- Social-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group
- Now let's look at this through the lens of Belief...



Do you believe that you can choose your environments?

Do you believe that you can upgrade the environments that you are in?

Do you believe that you have value in the social groups you are in?

Do you believe that the social groups you are in see your value?

Do you believe that YOU are safe within the groups that you are in?

Do you believe that you make choices based on how to maintain status quo within the group?

Or based on not wanting to upset the status quo within a group?

AND...

**These two Superpowers are strongly connected.**

Often our Need to Belong within a group will either support or suppress our Urge to Become the next version of ourselves.

Whew! There is a lot to consider here.

The first step is to recognize that these are Superpowers within your Human Nature. These abilities are awesome, and you can use them intentionally.

Notice opportunities during your day to use them and practice them.

And... you may also notice that your beliefs about your Urge to Become and your Need to Belong and a little shaky, or a LOT shaky.

### **03-04) Where did our social fear come from?**

When we look at the activities of social play, we see that these activities SHOULD be totally easy and natural for us. We were born to play life this way, but for some reason it has become a massive struggle for us.

Why?

How?

Here is my 25 years as a professional Life Coach view of the world...

These are big questions that can seem complex, but the simple answer is that somehow over the past few thousand years **our Human Culture has developed a toxic addiction to control**. And the advent of social media and the ability for global connection among humans has SPREAD the toxicity really fast.

As the culture has gradually and then rapidly become more controlling, it has also increasingly neglected our Human Nature Superpowers so they have gone dormant.

I know toxic is a strong word.

I explain it like this.

Imagine you have 100 people in a group.

If one person in the group is experiencing anxiety, depression, loneliness, addiction, chronic pain or is expressing mean-spirited bullying of other people... we could say that something has happened to that individual.

But if a few people are depressed, and a few people have anxiety, and a few people have chronic pain and a few people are bullies... then it is the culture that is toxic.

The big purpose of Human Connection Transformation Coaching – with the Inner Freedom Method – is to reclaim our Human Nature Superpowers so we can use them to co-create a new healthy culture.

As we are exploring and experiencing the Inner Freedom Method together, I will spritz in ideas to create awareness and understanding of the situation that we are in... and then how we can co-create something better.

Here is the first spritz...



**We were born to play but then we were trained to work.**

**The activities of Social Play utilize all of our Human Nature Superpowers!**

**So when social play is suppressed, our Human Nature goes down with it.**

I believe that the idea of social play is the most natural, effective and joyful way to live. I also believe that the Human Spirit of Play is the most untapped resource in the world today. It has the power to transform lives, relationships, families, communities, businesses and the sustainability of life on the planet. Yeah... it's that BIG.

But all of us were trained in the Industrial Culture to look at everything as work; as something that needs to be controlled. School was work, jobs and business are work, and we also work on our relationships and even our golf game! UGH!! In the Industrial Culture you were trained to work in isolation rather than play in the world; AKA social play.

**The essence of the Industrial Culture is work and control with management.**

**The essence of the Connected Culture is play and co-creation with coaching.**

In his TED Talk Steve Kiel says that: "the opposite of play is not work. The opposite of play is depression". Remember all those problems I mentioned at the beginning? They start when we stop playing. And we stop playing because we were made to feel shame for being playful at school, often at home and then at work.

What we are talking about here is our approach to life: we can work on it in an attempt to control it or we can play and co-create with it.

**Hint: playing is more fun, less stressful and WAY more effective!!**

Play is a better way!

The "Industrial Culture" – which became mainstream around 1880 – made work the central theme and approach to life for most humans.

Many historians say that the Human focus on work and control began when humans started farming food and domesticating animals. (AKA The Agrarian Age) At that point they became tied to the daily grind of working on the same plot of land every day. Whereas our hunter-gatherer ancestors lived every day as a free spirited adventure; albeit with additional risks.

But in 2010 something BIG happened... suddenly almost every human had a super computer in their hands and with it the ability to connect with anyone in the world in an instant. I call this the dawning of the Connected Culture.

I believe that as the Connected Culture unfolds there is an opportunity for playfulness to become the central theme and approach to life. We can restore the free-spirited playfulness that is our Human Heritage and combine it with the security of well-organized shelter and food production that our ancestors lacked.

**WOW! SO GOOD.**

I made a little chart to help us go a little deeper and recognize the differences between The Industrial Culture of Control and The Connected Culture of Play.

The important thing to notice is how the Industrial Culture of Control culture created a HUGE need for Inner Freedom Coaching as a catalyst for co-creating a Connected Culture.

Transformation Coaching with Inner Freedom subverts hierarchical control because no one is in charge. It is a co-creation by equal partners with different roles. Transformation coaching is Egalitarian.

## We Free Each Other!!

### The Transformation from Industrial Culture to Coaching Culture

#### Human Nature Superpower Culture

	<b>LESS</b>	<b>MORE</b>
	<b>Control and Neglect</b> Management Science Culture	<b>Human Nature</b> Coach Approach Culture
	<b>OBEY Authority</b> Follow the rules / authority	<b>Play Your Dream</b> Choose Your Desires Self-Love ~ Self-Worth
	<b>CONTROL</b> Do it the way I tell you to do it Don't do anything against my rules	<b>Drive to BE FREE</b> Choose Your Adventure Self-Trust ~ Self-Determination
	<b>DOMINATE</b> I have the power to control you physically, economically or emotionally	<b>Love to BEFRIEND</b> Choose Your Companions Co-Create ~ Collective Care
	<b>COMMAND</b> Do what I tell you to do When I tell you to do it	<b>Urge to BECOME</b> Choose Your Playful Practice Self-expression ~ Spirit of Play (AKA Creativity)
	<b>COMPLIANCE</b> Do it right or you are IN TROUBLE You don't question my authority	<b>Need to BELONG</b> Choose Your Environments Social Value ~ Social Safety Instinct
	<b>MANIPULATE</b> You believe what I tell you to believe You don't question what I tell you	<b>Ability to BELIEVE</b> Choose Your Beliefs Self-confidence ~ Self-Preservation

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Let's go a little deeper...

**From Industrial Control Culture to Human Connection Culture**

	<b>LESS</b>	<b>MORE</b>
	<b>Industrial Control Management Science Culture</b>	<b>Human Connection Coach Approach Culture</b>
<b>The Framework</b>	Dehumanizing Control and Neglect  Everything - schools, businesses, communities - is run by authoritarian control like a military operation.	RE-Humanizing Freedom and Co-creation  Most things are run like a talented performance art or athletic team co-creating inspiring experiences..
<b>The Power</b>	The "Capitalists" The Boss and the "system"	Individual Players with YOUnique Superpowers an uplifting coaching culture
<b>Who</b>	Good-intentioned teachers, managers and business owners become unwitting henchmen for the dehumanizing top-down hierarchy.	Inspired Coaches and coach-approach teachers, entrepreneurs and leaders play together to unleash and uplift the best of Human Nature.
<b>Where we Learn</b>	In School. Sitting silently at a desk or staring at a screen. Working alone completing tasks. Memorizing the right answers preparing for the test.	Play Life Station Learning from each other and "the world". Connecting, co-creating, sharing, in-person and online with companions. Pursuing the next level.
<b>Memes</b>	Sit down, shut Up and do as you are told.  Do it right the first time or don't do it at all.  Do your own work; if you help your neighbor you are a cheater.	Together we play better.  After you fail, play again. Feedback is the breakfast of champions. Get to the next level. We free each other.
<b>YOU are a...</b>	Worker / Servant / Consumer	Player / Co-Creator / Investor
<b>YOU have a...</b>	Job with a Manager / Boss	Dream/ Purpose with a Coach
<b>What you do...</b>	Complete tasks Fix Problems	Co-Create Peak Experiences Express your superpowers to create value
<b>Why?</b>	To earn a living	To LIVE your Dream
<b>The Feeling?</b>	Suppressed & Traumatized Dreams squashed Playfulness shamed Unique voice and power silenced	Rewarding and challenging Human Connection Adventure Peak Experiences are Possible Contribute value every day

	<b>LESS</b>	<b>MORE</b>
<b>The Path to "Success"</b>	Do it right Don't make mistakes Fit in by being like the others Don't try to be special Mind your own business	Play big to make a difference Risk failure, learn fast and grow Find a place / group that embraces ALL of who YOU are Own your value.
<b>After Food and Shelter You Buy...</b>	Things - More is better Things will make you happy (NOT)  Entertainment to "get away" from meaningless or repetitive work	Things that inspire you and tools for creation;  Experiences that expand your skills, awareness and connections; Coaching to play better and pursue your Dream
<b>Something Wrong?</b>	It's your responsibility Get yourself fixed.	Get support. Change your Environment
<b>You Aim To...</b>	Save some money for retirement; then you can enjoy what's left of your life.	Co-Create a freedom-filled lifestyle Economic freedom Creative freedom Emotional freedom Spiritual freedom Location freedom

## Pretty Toxic

I know this culture chart paints a pretty bleak picture of our current culture in the left column. You may be an optimistic person and think: "it's not that bad". I understand. I am an optimistic – make the best of any situation – kind of person myself. However, for most people in the world it IS bad. AND we have normalized it so that we have become numb to it. AND most importantly we have been taught that we are powerless to change it.

I have been a professional Life/Transformation Coach for over 25 years for over 1,000 amazing individuals. I can tell you: even folks who are optimistic, investing in themselves and aiming big are boxed in by Industrialized social fears. They have no idea what their REAL powers are and their capacity to engage in social play activities is severely stunted.

Meanwhile, the situations we face as a human family demand that we stop "making the best of it" and start reclaiming our Human Superpowers to upgrade our culture! Especially when we consider that most of the trauma, pain and suffering that is happening... we are doing it to each other without even being aware of it!

Together we can change our culture and the experience of life for the better... for everyone.

But first, we need our Human Nature Superpowers back!

We will explore this more in Chapter 4.

### **03-05) Speak Your Dream! (why we do this every session)**

This is super important!

Remember the Dream is the hub of our Human Nature Superpowers.

You see your BIG DREAM will urge you to reclaim and express your Human Nature. At the same time, as you reclaim your powers, your Dream will come alive! They all play together.

In Chapter 4 I will share with you about the Energy Alignment Game which is to align every aspect of YOU and your environment with your dream.

At the start of every session your coach is going to ask you to speak your dream. We do this for several reasons ranging from pragmatic to energetic.

On the practical side, your dream is the reason for having a Transformation Coach; it is what the coaching is all about... YOUR Dream! Speaking it out loud sets the tone for the session: it's about playing for your dream. That's it.

As you speak it each week you might say a different version or you might realize that it is evolving in some way. As you gain clarity it gets easier to align. Also, this way your coach can stay aligned with it as well.

From an energetic perspective speaking your dream with someone who shares the dream with you activates your Love to Befriend Superpower to care and co-create!

#### **Why we celebrate & what to celebrate**

Celebrating is a powerful human experience. We love to celebrate. And I feel we don't do it enough in our daily lives. I notice in athletics and performance art there is lots of celebrating from the high five on the field or court to the ovation in the hall.

In the Industrial Culture where everything was "allegedly" under control there was no reason to celebrate anything because everything that happened was supposed to happen; just do your job.

But playing for a dream is different! There is no control. And anytime you take the risk to play for influence, visibility, inspiration, or change... this is something to celebrate;



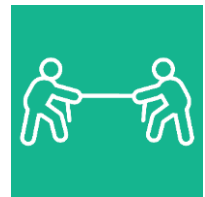
especially when what you are playing for happens!! But beyond the obvious celebration of positive results, you can celebrate the bold action no matter how it turns out. You can celebrate a big challenge for how it is asking you to grow.

Celebrate. It's good for your soul. AND it deepens your connection to the Super Mind.

### 03-06) The Pull!

Remember “the Pull” from the Human Journey with a Coach model we explored in Chapter 1? Well, now we are going to deep dive into this experience.

In the Human Journey with A Coach model we depicted your Big Dream as an outer circle pulling you out and the Social Survival Imperative as an Inner Circle pulling you in. Here we will dive deeper into this life experience that is at the heart of all Transformation Coaching.



There is wisdom in the creation of YOU. The dreams in your heart – including the one you are playing for now – are meant to require the playfulness and unique power that you were born to express. Yeah, the wisdom of creation!

These moments of choice between playing safe and playing BIG happen many times in an adventurous day of playing for our dreams. And as we have discussed, they often happen at a mostly non-conscious level. You don't really notice them.

What you may notice is that you had a brief thought to take an action for your dream... then you felt a little buzzing energy somewhere in your body... and you "decided" to check your email/Facebook/"distraction of choice" instead.

Hopefully you are thinking right now: "Oh crap! That happens all the time!" Yes, it does. AND this is why I say that the success of your dreams requires that you pay as much attention to your energy as you do to your activity.

## **Social FEAR is learned**

Remember when you did the Inner Freedom Method with your coach, you were exploring energy in your body and your coach asked you to fill in the blank: It's not safe for me to: (fill in the blank)? I want to share something with you.

I created this technique many years ago and have used it over a thousand times. One of the most common things people share is: **It's not safe to be me.**

WOW. That is a really profound thing to say and hear. And truly this is how most of us feel deep within. This is an example of a self-preservation belief. In other words I will stop expressing my power so that I can maintain a sense of belonging with the people around me.

Often the moments earlier in life when we tried to use our power to help or contribute or create and we "got in trouble" (or worse) are the moments that impacted us emotionally the most deeply. The Social Safety Instinct is based on the need to belong. It is one of our Human Nature Superpowers. The Preservation Zone is where we don't take an action that will risk our current status of belonging.

FEAR is the way your SELF tries to protect you from events and situations that seem similar to an experience in your past when you experienced trouble or even trauma.

As a result, in the FEAR / Growth Zone we feel a strong PULL between our BIG Dream and the Social Survival Imperative. "The Pull" is a natural byproduct of playing BIG for our dreams because your Dream is "designed" to require your unique powers – the ones you got in trouble for earlier in life!

This is why it is so important that you don't think of fear as an enemy or that if you are stopped by fear that means that you have "issues". You don't have "issues"! You have a BIG Dream and a strong Self Preservation instinct both pulling you in opposite directions.

I encourage you to stop saying things like "Self-limiting beliefs".

"Self-limiting beliefs" make us sound foolish! Why would anyone limit themselves?

But this is not what is happening. These are self-preservation beliefs that are pulling against the actions of your BIG Dream. Self-preservation is essential for social survival and it is honorable. Your coach is aiming to empower you to cultivate the capacity to CHOOSE when to play safe and honor your self-preservation instinct and when to play BIG and honor your BIG Dream. No judgment; simply to power to choose.

Also, in the Growth / Fear zone you have the three B's of Human Nature: the urge to Become the next version of YOU, the need to uplevel a few Beliefs and the opportunity to

co-create a new environment of profound Belonging for you and your dream. We will explore this in the upcoming Chapters.

The FEAR / GROWTH Zone impacts our choices in life at a mostly non-conscious level. That is why your coach uses the body awareness technique during the Inner Freedom Method. Through this guided visualization exercise you bring non-conscious fears and growth opportunities into conscious awareness so you can observe them. I encourage you to really dive in on these moments with your coach; this is how you unleash your greatest power.

### ***03-07) Step #3) Feel the energy in the body***

In the last session with your coach, you experienced this part of the method. While you are playing the scene in your imagination, your coach asks you to scan your body for physical sensations. This may have been the first time anyone has guided you in a body awareness exercise.

When you look at the Inner Freedom Method model you see Step 3 is in the heart center of the model. This is because feeling the energy in your body is the heart of the Inner Freedom Method.

**A powerful way to understand this is to say that your body IS your non-conscious mind.**

(via Candace Pert in the movie “What the Bleep” and her book: “Molecules of Emotion”)



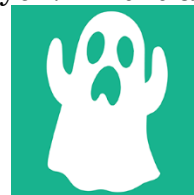
A few things to know about feeling energy:

- 1) It is an essential life skill but somehow it is not often taught. It is awesome that you have an Inner Freedom Coach! Feeling energy is the gateway to your inner awareness, intuition, wisdom and freedom.
- 2) The goal of the exercise is to allow yourself to experience the energy. Just let it be there. The goal is NOT to get the energy to “release” although often it does.
- 3) When your coach asks you to close your eyes and scan your body from the top of your head to your waist, just be patient and notice.
- 4) The energy may feel like a buzzing sensation or heat or pressure or a whole host of other things.
- 5) The typical places where we feel energy like this is in the gut, solar plexus, heart, throat, jaw, behind the eyes and forehead. But it could show up anywhere from the waist up or even your whole body.
- 6) It can take a little practice to distinguish between feeling energy and some other agitation. For example: an energy in your gut vs. something that you ate agitating your stomach. You will know.

- 7) You may notice more than one sensation. In this situation your coach will ask you to choose the one that is most intense.
- 8) It is great to practice feeling energy when you are by yourself. AND the transformational potential is amazing when you are guided by a coach who is co-creating the experience with you.
- 9) If you don't really notice any physical sensations after relaxing and breathing into it... that is OK! You are not doing it wrong. Even if you don't notice a specific sensation, you are still breathing and scanning which gets you into your body.
- I have done this method with MANY people and for lots of folks it takes some consistent practice before they started to notice subtle physical sensations. Stay with it; they will come into awareness when they are ready.
- 10) The main thing is just to trust the process! With practice it will become something that expands your awareness in a way that will serve you well for the rest of your life.

### **03-08) Step #4) Scan for Body Beliefs**

After feeling the energy, your coach is going to explore the “body belief” with you. This is a powerful way to give voice – and words - to the wide variety of social beliefs and fears that have settled into your non-conscious mind. You may recall the phrase your coach used in the last session:



**It's not safe for me to: {fill in the blank}**

Just allow words to come through you rather than thinking of words. The point of doing this is to bring these Social FEARs into your awareness so that you can understand them. We also refer to these feelings as: Social Safety Instincts or Self-Preservation Instincts. Their purpose is to keep you safe. Their purpose is to direct you away from any social risk activity that could jeopardize your current status of belonging. You could say it is a friendly ghost. (sort of like Casper, the cartoon character from the 40's & 50's ;-)

This technique is a reliable way to give voice to your non-conscious awareness. When you listen to this voice you will rapidly grow and expand your inner knowing and intuition.

After you get a little practice with this process, these feelings and body belief phrases will provide clues on the treasure map that we will use to hunt for your superpowers! The thing we learned to fear the most is expressing our playfulness and unique power. So exploring the fear will lead us back to our power. AWW yeah.

## Session #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!**

## 04-01) Prepare for Session #04 – Memory Pops

[Listen to this audio to prepare for Session 4.](#)

When you look at the playsheet, you can see a new little section called Memory Pops with the popcorn icon.

Here are a few key points about the memory pop exercise.

**ALLOW it, don't force it.**

**One key that I can share with you about this exercise is to just allow a memory to emerge into your mind. You don't need to force it or try to think of it. In fact, trying to think of something will block the flow.**

Often it will start as a vague image.

Often it will seem like the image “has no relevance” to the current situation. HAH. Never underestimate the power of your non-conscious mind. Trust that whatever is popping up has value; it is part of the treasure map.

This is about gently allowing the non-conscious awareness of the earlier moment to move into your conscious mind and imagination. We all have had many emotional experiences where we experienced trouble while expressing our power; or where we were attempting to use our power to help a situation and it didn't work. These are the types of memories that will pop up when we feel the energy related to the social risks of playing for our dream.

Another key to this part of the method is to avoid predicting what the memory will be. Many people I have coached have a few stories of really troubling life experiences that they remember from time to time. The memories that “Pop Up” during inner freedom are rarely those moments.

You have a lifetime of memories in your non-conscious mind; They are ALL potentially part of the treasure map. Just allow the image of the memory to emerge into your conscious mind... don't force it.



Inner Freedom Coaching Session #4 Notes				Date:
1. WARM-UP & SPEAK YOUR BIG DREAM  <i>Session: Feel the Energy</i>				
2. CELEBRATIONS / RESULTS 		3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING  RESULTS NOT HAPPENING		
4. PRACTICE PLAN: Pivotal Moment				
5. PRACTICE				
#1. PRE-PLAY THE SCENE 	#2. THOUGHTS with JFA 	#3. SCAN THE BODY FEEL THE ENERGY 	MEMORY POPS 	
#4. SCAN FOR BODY BELIEFS IT'S NOT SAFE FOR ME TO 	#8. DREAM ALIGNMENT HEART'S INTENTION 	#9. PRE-PLAY THE MOMENT 		
6. Growth Zone What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers? 		
7. PLAY PLAN: What social actions?				

With judgment-free awareness, you and your coach can explore these moment in a way that is illuminating and fun.

We will get deeper into these fun explorations in the next few sessions.

## ***04-02) Transformation from Ignore Memories to Explore Memories***

**From:** Ignore the memories that pop up from our conscious mind

**TO:** Explore the memories that pop up from our non-conscious mind (like a treasure map)

In our Industrial Culture we lean heavily on logic, linear sequences and efficiency. So much so that we have lost our ability to trust the mystical, non-linear understanding and free space for experiencing.



The non-conscious mind – where our memories live – is NOT logical, linear or efficient.

Although, tapping into it's power will yield tremendous benefits over time albeit in an unpredictable way.

When you explore your body awareness, memories will pop into your conscious mind. MOST of the time your initial thought will be something like: “this doesn't make any sense but... this is what is coming up for me...”. The key is to TRUST the mystical nature of memories and dreams. There will always be a way to “connect the dots” between the memory popping up and the moment you are exploring.

In fact, once you allow the memory to surface, your logical mind can do amazing things to connect the dots and find the meaning and the message in the memory!

Also, as you go deeper into your body awareness during coaching sessions, you will also find the memories pop into your mind at other times in the day. All memories the pop provide clues on the treasure map to your Superpowers.

Also, you you are someone who remembers sleeping dreams, often these will provide clues as well.

The key to all of this is the trust the mystical and non-linear aspect of life!

## ***04-03) The co-creation of “controlled” you and ... SUPER YOU.***

In this discussion we will use a slightly different model of 3 of our Superpowers of Human Nature. (this was the first version of this model from the early days of the Inner Freedom Program)

Let's do a quick recap:

1) **The Urge to Become.** All humans have an inner urge to become the next version of themselves; to grow and expand express ourselves. We become and express by playing. If we stop playing, we stop becoming and stay the way we are.

2) **The Need to Belong.** This is the catalyst of Human Culture. It operates mostly on a non-conscious level and drives almost everything in the human experience. We Humans always seek belonging and status within the environment / culture that we are in.

3) **The Ability to Believe.** Humans are believers.

The ability to believe is the catalyst of all human civilization. All of our beliefs – about how life works, who we are and what is possible for us – come from navigating between our urge to become and our need to belong. In other words, we get our beliefs from our environments.



## The BIG IDEA

The Big idea for this model and the one on the next page is that YOU are a co-creation between the YOU that you were born to be and the YOU that adapts to the environment that you are in.

Who we become is massively influenced by our environment / culture. This can be an awesome thing if our culture fully embraces who you are and who we desire to become next.

However, this is not how most of us experience life in the Industrial Control Culture. (HAH! That is an understatement!)

Similarly, what we believe is also massively influenced by our environment.

I have coached over 1,000 people and heard so many individual stories of how superpowers were lost during incidents at home, at school and at jobs.

While each of these stories are unique, in aggregate they reveal a few patterns.

I share this model with you for a few reasons:

1) To have compassion for your own process of re-discovering your powers and re-humanizing!

2) It will help you navigate the experience of memory pops that you are about to experience with your coach.

My intention is to give you a visual to show the massive influence that the Industrial Control Culture has had on our playfulness, self-expression, beliefs and our capacity to co-create profound belonging.

Just think about all the times you “got in trouble” for expressing yourself, playing, or wanting to become someone different than the expectations of your environment.

A LOT!

These are the experiences that will often “pop up” while doing the Inner Freedom Method with your coach. We call them “memory pops”.

Most of us are living “smaller” than our Human Potential.

AND... then we see the potential that you have to BECOME SUPER YOU!

To express your full self.

To play for your dreams.

To choose the beliefs that align with your dreams.

And ultimately to choose environments and co-create cultures where SUPER YOU is fully embraced... even expected.

This is what we are playing for in Inner Freedom Coaching.

On the next page is a model that tells the story of how we were diminished by the Industrial Control Culture.

# The Co-Creation of "you" or SUPER YOU!



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As a little person, your **Urge to Become** activates and you start to play. You play everything. As you play you grow... you become the next version of you day after day, month after month, year after year.

At the same time, as you play, your environment reacts to you and the **Need to Belong** kicks in... HARD. You naturally and automatically do whatever you feel you need to do to maintain belonging with the group (aka family) you are in.

When your environment reacts favorably to you, you come to **believe** that it is good and safe to do what you are doing and you do it more. If your environment reacts negatively to you, you come to **believe** that it is NOT safe to do what you are doing and you curtail it or stop completely.

The **Capacity to Believe** is extremely useful for learning how to get along in the world of people. You come to **believe**, for example, that people don't like it when you throw a rock at your little sister; this belief is a good thing.

However, if for example, you are crawling around following your curiosity and a BIG person yells: "NO" and puts you into the isolation pen (for some reason it is called a "playpen"), you may come to **believe** that it is not safe to be curious; this is not such a good thing.

First at home, then in Industrial school and then in Industrial jobs, your **Urge to Become** through play moves you into life. And as you do this the environment reacts to you. When the reactions are unfavorable – which happened a lot in Industrial Hierarchical Control Culture - your need for **belonging** and status are threatened; this is called getting "in trouble". As this happens you develop **beliefs** about yourself and life. Over time we come to believe a whole lot of things about ourselves that restrict access to our powers; the activities and expressions that we feel safe to do gets smaller and smaller.

As various aspects of YOU go into the "not safe to express" category in your beliefs, you become a smaller and smaller version of you. **You come to FEAR your natural playfulness and your unique powers because at one time expressing them got you in trouble; AKA threatened your belonging.**

Also notice in the diagram that as you move from home to school to jobs your playfulness gets smaller and smaller as does your access to your unique superpowers.

Fast forward to now and urge to play BIG for your Dream...

So, when you experience inner resistance or doubt or FEAR attempting to do the any of the needed activities of your dream – which are playful and need your unique superpowers – it is not because there is something wrong with you! It is simply because you are a human being who grew up in the Industrial Culture and absorbed the Industrial Control Culture's fear of play and unique personal power. These are the pivotal moments that you need to observe with judgment-free curiosity.



I believe that this process of losing our unique power as we grow up has been a part of the Human experience since the beginning of modern civilization. Most of the Hero's Journey stories include the pattern of going out into the world, facing new challenges and discovering lost inner powers.

However, I also believe that the fear of playfulness and uniqueness was extreme in the Industrial Culture of Control so most of us have become very small versions of our potential.

I also strongly believe that since all of these “don’t do it” beliefs were established in social situations (AKA belonging) we need to explore and uplevel them in a socially safe space. This is why 1-1 personal coaching is such a powerful force for personal growth.

## 04-04) Our Fears Are a Treasure Map to Our Superpowers

This is a major theme of the Inner Freedom coaching program, so I just want to illuminate it a little bit here. We are building up your relationship with your coach to begin this treasure map exploration.

Here is the BIG AWARENESS: Growing up in the Industrial Culture of Control and Neglect, 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.

Self-Preservation is a Superpower of Human Nature that we all can honor.

This is a very different way to look at fear than what you may be used to. In the Industrial Culture 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 YOUnique 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 like a road map with easy-to-read signs. It is an adventure with lots of challenges and mysterious 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 YOUnique abilities that have gone missing because of dehumanizing Industrial Culture trauma.

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

## **The Treasure Map (in brief)**

We will talk more about the concept that our fears are like a “treasure map” to our superpowers in the next chapter. The idea I want to share with you now is that every time in your life where you experienced some trouble (or trauma) when you were expressing your Human Nature or your YOUnique power it becomes an emotional memory that is stored in your body / Non-conscious Mind.

So, there are hundreds or thousands of these emotionally intense memories in there that create the energy you feel when you contemplate a socially risky action to play for your dream or express your power. Each one has its own Body Belief / Fear; though they tend to have common themes.

Your non-conscious mind is much of the territory that the treasure map describes. In a safe space, these sensations reveal emotional memories that can provide clues on the treasure map that will lead to your lost YOUUnique Superpowers and Human Nature!

## 04-05) Memory Pops

Social risk actions evoke social fears. Actually, merely thinking about a social risk action will evoke social fear. And you will feel that fear somewhere in your body.

In Step #3 Feel the Energy in the Body, your coach asks you to feel into a physical sensation in your body. After you do this, your coach is going to ask you if anything came up for you.

Often while you are feeling body energy a memory will pop into your mind, probably a memory of a situation from home, friends, school or work.



### About Memory Pops

VERY IMPORTANT: when we are small, LOTS of situations that seemed like trouble at the time are actually benign in the grand scheme of life. Also, common situations, like moving to a new home with your family, can create a lot of emotionally intense situations.

Another important point about memory pops is that very often they reveal situations that were not really troubling, they were just strange or intense. These types of moments can also put our powers into shadows as well.

In Step #4 Scan for Body Beliefs, your coach is going to ask you a question: ***It is not safe for me to {fill in the blank}.***

This is another situation where you are not trying to think of an answer; you just allow the words to bubble up. When the words come, it will illuminate the self-preservation instinct and “the Pull” we spoke about in Chapter 2.

Often when body belief words are bubbling up, additional memories will pop up that will illuminate the situation.

### The power of Safe Space with your Coach

The final point I want to make about memory pops is to encourage you to BE UNAFRAID of your memories; welcome them. Most memory pops are benign but revealing. The ones that are more intense you can feel safe exploring with your coach.

**If the memory involves some “gory” details, you do not need to share them at all!** Only share what you feel comfortable sharing. In fact, the gory details are not needed for the method to work beautifully. Your coach only needs to know “the essence” of the situation to help guide you to freedom to reclaim your power.

You are not alone; that makes all the difference.

### Talking About Memories Is Not “Therapy”

I need to bring this up because it often comes up around this topic: Talking about memories from your life is not “Psychotherapy”. Two humans talking together can talk about anything they choose to; you don’t need a “degree” to talk about memories.

Another important point here is that you and your coach are not just talking about memories. The memories that pop WHILE feeling energy in the body reveal clues that help you regain your power to play fully for your dreams. Everything we do in coaching is about playing for your dreams. That’s it.

## **Tenacious Self Love!**

**I recommend you remove these phrases from your vocabulary**

An important note: The experience of beliefs and fears limiting our ability to play big for our dream – which is a **TOTALLY NATURAL HUMAN EXPERIENCE** – has acquired a lot of blame and shame in the personal growth / self-help movement. This is not helpful! You have probably heard or said many of these things. I highly recommend you stop saying them about yourself or anyone else!

- You are sabotaging yourself,
- You can’t get out of your own way,
- You are a procrastinator,
- You have self-limiting beliefs,
- You have a gremlin inside of you
- Your EGO is causing your problems
- You need to crush your fear!

I flat out do NOT believe in self-sabotage nor any of these shaming concepts! You will not hear your coach use these judgmental phrases with you.

When you understand how these beliefs, doubts and fears got into you, it doesn’t seem right to shame them.

**I believe in tenacious self-love!** This is where we embrace our humanness with judgment-free awareness. We embrace all of our human experiences and see everything as included in our pursuit of our dreams.

## **The Freedom to Choose!**

The big idea of Inner Freedom is the freedom to choose when you play BIG and when to play safe. It is not that one is good, and one is bad as is always portrayed in the self-help world; BOTH are honorable! Your Big Dream is honorable. Your self-preservation beliefs, acquired through a lifetime of experiences, are honorable!

There is social risk and reward with almost every activity in your Dream. That is what play is all about! In any kind of play – but especially in sports - there are constant moments of choice where you evaluate risk and reward in the blink of an eye.

The big idea here is that if you are not aware that the choice is happening, the default choice is to play safe because your body and brain will prioritize safety over fulfillment.

As you continue to practice with your coach you will begin to sense your emerging freedom to choose how you want to play in any moment; and often playing BIG – and taking the

risk – will be the clear and natural choice! That is when good things start happening for you... and the people you aim to contribute to.

## 04-06) There is more to life than meets the eye!

Another way of saying this is: there is more to life than what we can control.

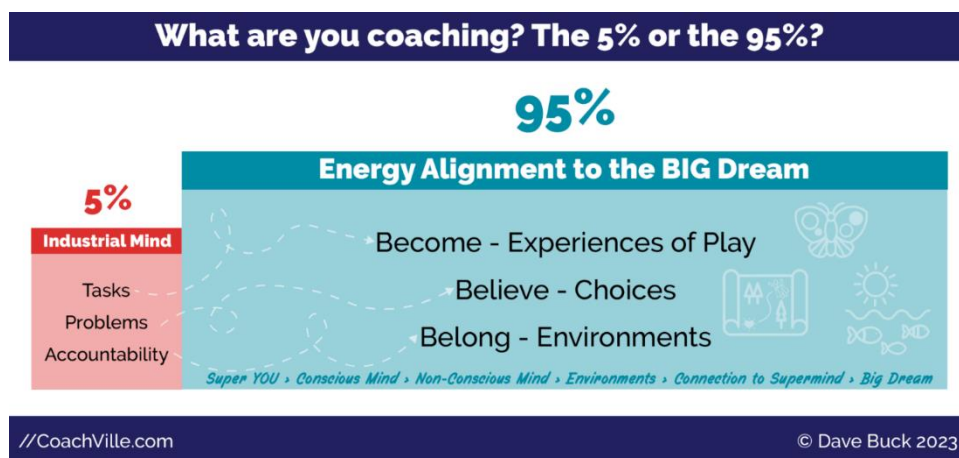
A LOT MORE!

This is a BIG idea that I want to share with you to give you the bigger picture of Transformation Coaching and playing for your dreams.



We call it “Energy”; or Energy Alignment.

Here is a little diagram to show the elevation of Transformation Coaching from the Industrial Mindset focus on Control to the Connected Play mindset focus on playing with energy.



Transformation Coaching has come a LONG way in the past 25 years... and at CoachVille we have been a really big part of that evolution.

In the early days of Transformation Coaching – in the 1990’s – we were greatly influenced by the culture of the Industrial Control. So as a result, Life Coaching got tangled up in concepts like tasks, problems and accountability.

But in the grand scheme of life, completing tasks, fixing problems and holding accountability is only a small fraction of what it takes to live a joyful life of freedom and co-creation!

You may have wondered:

Why is the life I imagine so difficult to realize?

The answer is: The energy is not aligned!

And most Industrial Culture “success” training ignores Energy Alignment.

One way of thinking about this is in concepts you already recognize: attitude, intuition, attraction and synchronicity.

Energy Alignment makes these ideas very practical while adding the sense of mystery and wonder.

Your Inner Freedom Coach will be focused on guiding you to your BIG Dream through:

- becoming the next version of you through playful practice and the freedom to BE your powerful self,
- upleveling your non-conscious beliefs and choices and exploring your fears of your own power
- leveraging the need to belong by upgrading your environments to embrace your power.

When you develop in these areas you seem to make the right moves at the right time without a lot of wasted effort. And good things and opportunities just seem to come to you.

**Yes, here we see yet another variation on the Become – Believe – Belong theme.** It's everywhere because your awesome Human Nature is everywhere!

The idea is to play for your dream and live in the flow of energy RATHER than holding you accountable for an endless list of tasks and problems.

WOOO HOOOOO!

## 04-07) The Energy Alignment Game Overview

Let's explore Energy Alignment a little deeper because it is woven throughout the Inner Freedom Coaching Experience.

I am going to share with you the picture and a brief overview to energize you and spark your curiosity. We will go into each of the elements as we move along on our Inner Freedom adventure together. (Something to look forward to ;-)

You don't need to "worry" about understanding this; it will happen naturally as your coach guides you using the Inner Freedom Method.

The "Game" is to align all aspects of YOU with your BIG Dream to create a state of flow.

### Energy Alignment Game

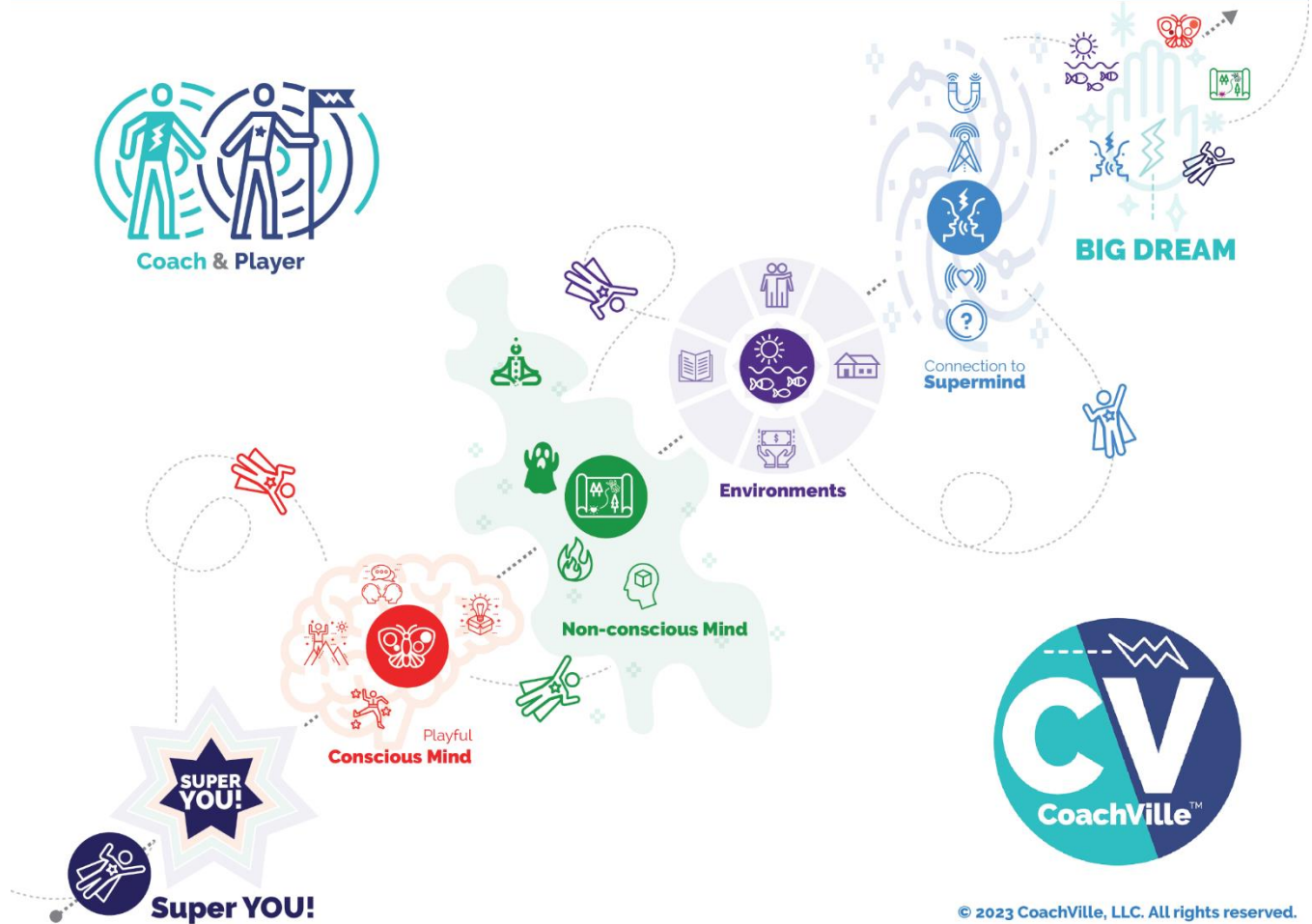
SO MUCH FUN!! Learning about this concept was one of the big moments of my life.

This definitely goes in the realm of play; as in something that you cannot control but you can influence with skill, strategy, imagination and playful effort.

One little note: There are MANY MANY ways to play with Energy so this is not intended to be a definitive guide.



# The Energy Alignment Game



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## Your BIG Dream

This is your vision of what you aim to accomplish, experience, express or co-create in the world. Your Dream comes from your hearts desires but is often sparked by what you see – or don't see – in the world around you.

Often our hearts dreams are a little mysterious; even to the one who has the dream.

Most BIG Dreams include an essence of contribution.

Next we will go to the lower left to explore all of the energies that we can align with your dream.

## Super YOU

There is a next-level version of YOU that you must express fully and become in order to fulfill this big dream.

One of the reasons your Heart has dreams is so that you can discover and express more of your abilities.

## Playful Conscious Mind

There is a playful version of your focused thoughts and deliberate actions that you need to use in an intentional way to uplevel your skills to align with the new dream. Your playful

conscious mind responds to the urge to become the next version YOU. Play is all about becoming. In the model hopefully you recognize the 4 symbols for the Pivotal Moments of Social Play that we explored earlier.

## **Non-Conscious Mind**

Whoa, this is a big one. Your non-conscious mind is the power source of belief and desire within you. It is like an energetic bridge between the urge to become in your playful conscious mind and the need to belong in the environment around you. You will need to expand your body awareness; where your intuition and inner knowing live.

You will need to uplevel your relationship with fear from enemy to friend and a treasure map to your Superpowers. Your dream will need you to tap into your hearts desires for focus and fuel. You will need to cultivate belief in a whole new set of possibilities to align with your dream.

The non-conscious Mind is the main focus of the Inner Freedom Method coaching... whew! We need it.

## **Environment**

Your non-conscious mind - which is super focused on belonging - is in constant connection with your environment. You will need to uplevel many aspects of the world around you so that the powers of belonging, believing and becoming align with your dream. And as you unleash your Superpowers, you will need to find or cultivate an environment where it is safe for you to express them. Inner Freedom will give you the courage to make those changes.

## **Connection to the Super Mind**

There is a timeless web of human consciousness that we are all connected to. Through big questions, gratitude and intentional thoughts your dream can become a magnet for the insights, inklings, spontaneous awareness, opportunities and synchronicities that you need to live your dream. But be prepared, the Super Mind plays rough so you need to expect a tumble or two.

## **The pursuit of Flow**

Your dream is calling you out into the world to discover a bigger contribution and more fulfilling joyful life. As you endeavor to align every part of your energy to the BIG Dream, it begins to FEEL – feel is the key word – more natural. This is called getting into the flow. It is not the ultra-safe under control routine. It is engaging, yet safe enough that the potential rewards seem worthy of the potential risks. This is when pursuing your BIG Dream feels less and less stressful and more and more fun!

That is what we are playing for!

## 04-08) Your non-conscious mind is always ready. (Energy Alignment Game)

Remember the Energy Alignment Game I just shared with you.

In Chapters 8-11 I will elaborate on one aspect of this “game” and connect it to what your Inner Freedom Coach is doing with you.

Your Non-conscious Mind is a big “blob” of everywhere power. Learning how to access, channel and align this power for your dream is an endless supply of fun!

In this model I am highlighting a few key elements:

**Body Awareness:** This is the ability to close your eyes, scan your body and notice the “energy”; often in the form of buzzing, pressure or tightness. This is also where insights and inner knowing come from. Another smart move is to care for your body so physical ailments are few and they are clearly distinguishable from Inner Knowing signals.

**Fears:** your fears aim to keep you safe. They are the “friendly ghost” that aims to scare you away from socially risky actions. With practice they can also guide you toward your lost unique superpowers and playfulness.

**Desires:** your hearts desires light your path when you learn to trust them and act on them. Your BIG Dream is one aspect of your hearts desires.

**Beliefs:** everything we believe we have absorbed from the world (and people) around us. While some of your beliefs are part of your conscious thinking process, most are embedded in your non-conscious where you are not aware of them. Your dream will require that you bring them into awareness and then uplevel a few and develop some new.

You will notice the symbol for the Inner Freedom Method – The Treasure Map – is at the heart of the Conscious Mind Model. The Non-Conscious Mind IS the treasure map! This is where we will discover your Human Nature and YOUUnique superpowers.

As you play for your BIG Dream your non-conscious energy, fears, desires and beliefs will come to light! You will have the opportunity to explore them in deep and playful conversations with your Inner Freedom Coach; this is SOOO powerful. Then you and your Coach will co-create awareness of new choices and new possibilities. Power Up!



## **Session #05 – Explore the Superpower Potential**

*“I never let school interfere with my education.”*  
*- Mark Twain*

## 05-01) Prepare for Session #05 – Superpower Potential

[Listen to this audio to prepare for Session 5.](#)

Whew! This chapter has a lot to offer.

Let's do a quick walk through of the Coaching Notes sheet and notice a few new elements from what we have seen so far.

1) Where the Pivotal Moment section usually is, we now see a Pivotal Conversation. This is a special subtopic of a Pivotal Moment where we start with a Role Play.

AWWW Yeah.

Here is how it works. Usually in Step #1 you play a moment in your imagination. Here you will play the moment with your coach in a role play. Then Steps #2, #3, #4 and #8 are the same as you have done before. For Step #9 rather than preplaying the scene in your imagination, you jump back into the role play conversation with your coach.

You will be amazed at how different it feels and sounds the second time!

And you will likely feel empowered to take the risk – whatever the conversation was – soon after the session.














2) You see a new section for Step #5: Explore Superpower Potential.

This will be a regular part of each coaching session moving forward. Now that you have some comfort level with the basic steps of the Inner Freedom Method it is time to start exploring the treasure map for your lost powers.

There are a few points I want to share here:

1) The main benefit of the Inner Freedom Method is that actions that seemed hard or scary for some reason just become easy. Often results that were not happening just start happening. This experience often comes down to you expressing your playfulness and power in a new way. You may not necessarily be able to NAME the power; it just happens.



Inner Freedom Coaching Session #5 Notes				Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 				Session: Superpower Potential
2. CELEBRATIONS / RESULTS 		3. Explore Experiences for Pivotal Moments		
		ACTIONS NOT HAPPENING 	RESULTS NOT HAPPENING	
4. PRACTICE PLAN: Pivotal Conversation				
5. PRACTICE				
#1. PIVOTAL CONVERSATION 	#2. THOUGHTS with JFA 	#3. SCAN THE BODY FEEL THE ENERGY 	MEMORY POPS 	
#4. IT'S NOT SAFE FOR ME TO 	#5. SUPERPOWER POTENTIAL 	#8. HEART'S INTENTION 	#9. PRE-PLAY THE MOMENT 	
6. Growth Zone  What did you learn about playing for your dream?		What did you learn about yourself and your superpowers? 		
7. PLAY PLAN: What social actions?				

2) I have shared with you a few tools to help you give names to these powers. It's a fun exercise AND when you can name it, you can own it. You can practice it and use it intentionally.

3) When you are exploring a Pivotal Moment with your coach you may not be able to name the power while you are in the session. But if you scan the Superpower Playsheet after the session, something will jump out at you. Or you might find yourself expressing that power again naturally – now that it is unleashed – and after a few times you will be able to name what it is.

The most important thing is to keep playing. Enjoy your adventure. Enjoy your emerging freedom to express your power.

## **05-02) Transformation from “I am what I am” to I can expand**

### **Transformation**

**From:** I am what I am

**TO:** I can expand my Superpower Potential

**From:** Hope for the best when we relate

**TO:** We can practice conversations!



In 100 years of Industrial Psychology there has been a tendency to see our Human Nature as fixed. In Inner Freedom we believe that we are all capable of growth in how we express our Human Nature. And we are capable of growth in our abilities to use Human Connection Skills.

With regard to conversations, especially with important relate for influence situations, it is a powerful new idea that we can practice conversations!

With Inner Freedom we combine role play with the ability to explore the emotions that are coming through your words, tone and “vibe”. With practice you can choose the energy you aim to express along with the words you aim to say. But the key idea is if the energy is clear, then even spontaneous words can create the desired experience.

## 05-03) Role Play the Pivotal Conversation

Coaching is about practicing moments to help you play better!

In Inner Freedom we practice together in 2 ways.

1) Playing with a moment using your imagination. This is called the Pivotal Moment Technique (we have been doing this in the last few sessions).

2) Playing with a conversation by role playing.

A Pivotal Conversation is one where you are relating for influence:

- You might face the fear of rejection
- You might face some inner resistance or hold something back;
- You fear you may lose your clarity of words.
- You doubt that you will be able to create the influence that you desire.



### The Role Play Technique

To do a great role play only takes a few minutes.

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 a great way to bring this framework to a coaching session.

### Relate for Influence

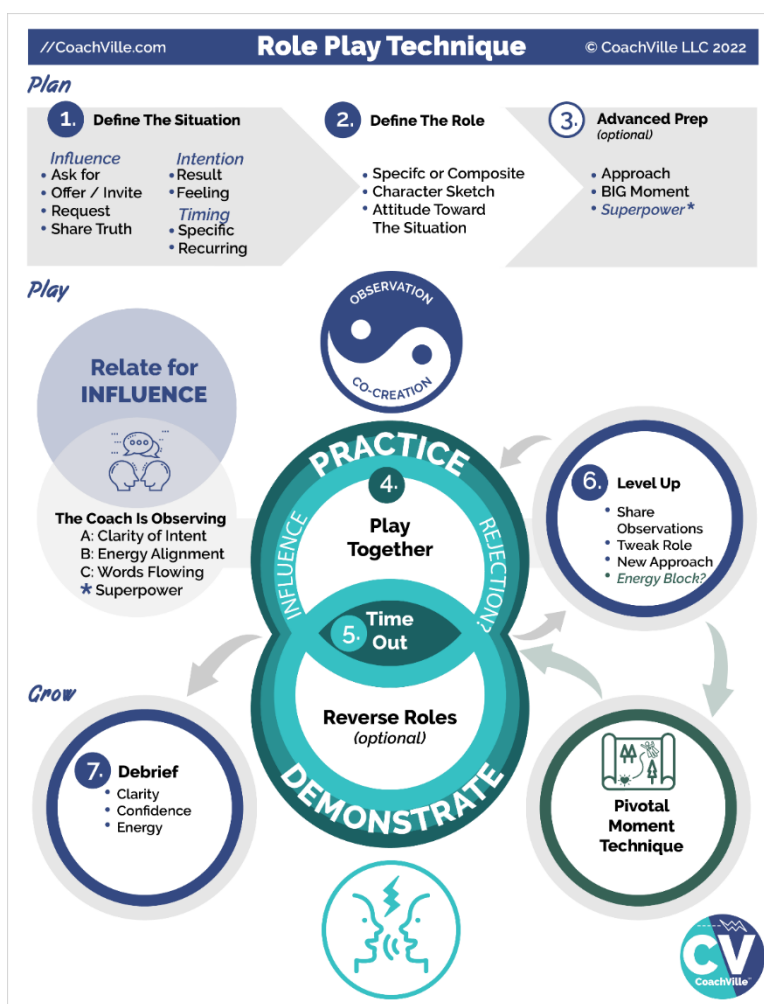
**Coach:** while you are co-creating the scenario with your player and then practicing with your player you are also OBSERVING your player.

### Your Coach is observing:

A) Clarity of Intent – your coach will listen for how clearly you are moving toward your intention.

B) Energy Alignment – while you are playing in the conversation your coach will pay attention to the feelings that they notice.

C) Words Flowing – The words that you speak are mostly effected by your clarity of intent and flow of energy. Yet, sometimes there are better ways to say things that your coach can suggest after a time out.



\*) Superpower – This is a subtlety of advanced coaching. If you want to practice a particular Superpower for Influence – which is awesome – then your coach can notice when you use it or AVOID using it.

## **PLAN**

In steps 1,2 and 3 you are sharing just a few details so that your coach 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 you to “get into the moment” with your coach.

### **1) Define the situation**

**What is the influence you 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 you are playing for? What do you want the other person to do? How do you 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 you 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, your coach will not change their voice. They can sound like themselves 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? Your coach can steer the scene toward this moment.

What is the Superpower you want to practice while you are in the role play?

Through practice you can become the next version of Super YOU!

# PLAY

## 4) Play together

Just jump into the role and play. 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.

## 5) Call time out!

Either the coach or the player can call time out to end the scene.

## 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 that will most impact your results; AND that you can explore using the Pivotal Moment technique.

B) Tell your coach if they need to tweak how they are playing the Role in any way?

C) New approach of experiment? Sometimes you will immediately know that you want to try it again a different way. Sometimes your coach will share a few ideas and co-create a new approach with you.

## Pivotal Moment

This is what we are doing in this session. See... you are already receiving advanced coaching!!

## Play Again

4) After exploring the energy with the Pivotal Moment technique you will jump back into the role play and play again... or a few more times.

## 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

Talking together about the role play and pivotal moment experience is an excellent opportunity to capture growth.

Look back on the practice and highlight the three ways to play better while relating for influence:

- Clarity of intent
- Confidence in how the words are flowing
- Energy alignment

It is powerful to experience growth in real time!

## **BIG LIST of Relate for Influence conversations to practice**

The more you study the Dreams of life, like personal growth, business, leadership or romance, the more you realize that communication / relating is the primary activity. Playing for a dream is mostly about talking to other people and relating for influence!



Relating well has MANY underlying factors like clarity of intention, being present, really listening and sharing authentically.

So a BIG part of your coach using Role Play with you is helping you become a skilled relator for influence through practice. In most dreams there are MANY distinct conversations – where social reward and risk are involved - that you can identify, observe and then practice.

Each unique type of conversation is a different skill

The key to a good role play is to hone in on:

A) A very specific conversational skill

OR

B) A very specific conversation situation

### **Examples of distinct conversation (Skills):**

- Make a request for support
- Ask for something
- Make an offer to do or share something
- Ask another person to change their behavior in a positive way
- Introduce yourself in a way that sparks deeper conversation
- Invite someone to an experience with you
- Invite someone to hire you for something AKA discuss the money!

### **Examples of specific conversation situations:**

- I want to ask my boss for the opportunity to lead the next project.
- I want to call Bill from the Chamber of Commerce and suggest that I give a talk at a meeting
- I want to reach out to Sally and let her know that I want to be a part of the community leadership team.

There are so many possibilities!!!

## **Relate for Influence: Practice together to play better**

Let's make the connection between role playing a pivotal conversation and Social Play activity number 1: Relate for Influence.

When you raise your game in “pivotal conversations” a LOT of big things can happen for you. When someone agrees to hire you, buy from you, participate with you, join your team, advocate for you or support you in a big way, your dream can really take off.

Practicing pivotal conversations with your coach can really pay off for you because it can help you uplevel ALL of the elements that lead to a “yes”.

Here are the elements that lead to YES, in order of importance:

- 1) Clarity of intent
- 2) Alignment and flow of energy
- 3) Flow of your words + listening from the heart
- 4) Use your Superpowers for Influence (once you have them unleashed)

You might be surprised to see that “flow of words” is 3rd. YES they are ALL important. But in terms of influence the flow of words is less than clarity and alignment. You know this because you have had many big conversations in your life where you rehearsed the words in your head a hundred times but then in the moment those words didn't come out the way you envisioned.

1) The first benefit of practicing with your coach is to clearly state your intent. Knowing exactly what you want in the conversation and why you want it is the most important thing. Your coach can help you gain this level of clarity.

2) The next one is alignment and flow of energy. This speaks to the 95% vs. 5% idea I shared with you in the Introduction. When you are talking with someone they feel your energy WAY more than they hear your words. Your energy is what moves them – or not - most of the time.

When you role play with your coach, the MAIN thing they are observing is your energy. And this is the big benefit of practicing with your Inner Freedom Coach. By using the method together you can uplevel your energy into alignment with your dream.

3) The words will flow. Sure there may be a few key phrases that you want to plan and practice. However, the path to success is to get the first three items elevated so that you can trust yourself to speak from the heart.

After a few experiences of practicing pivotal conversations with your coach and then playing for your dream out in the world... you will realize that having an Inner Freedom Coach is an amazing investment that pays dividends!

While you are speaking from the heart, you also need to listen from the heart. Being present and really hearing the other person will improve your heartfelt flow of words. This takes practice!! In deeper and more extensive role plays your coach can help you improve in this skill.

4) We all have a unique way of relating for influence. And as we have discussed often, many of our powers were squashed earlier in life... but especially when it comes to playing for yes. I have coached many people that have been shut down to the point where they are

terrified to ask for anything. So, this kind of situation is definitely an opportunity to explore for your lost power.

The great thing about role playing is that you can practice using your power in a safe space and build confidence to the point where you feel really good about being yourself and expressing what you really want or need to say.

## 05-04) Super YOU (Energy Alignment Game)

*“A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT”*

Inherent to the desire to pursue a BIG dream is the requirement to become the next version of you; which means developing your Superpowers. So Fun!!

The flying person wearing the star is the symbol of expressing unique power in the world to have a positive impact on situations and for the good of others.

This includes expanding your mastery of abilities that you have already expressed. AND it also includes discovering and unleashing aspects of you that have become hidden in shadows of social fear while you adapted to the environments of your life so far.

This discovery process is baked into the wisdom of your BIG Dream!

You will identify your Superpower potential by exploring actions in the world required to play for your dream and noticing the social fears that you experience. Using the Inner Freedom Method your coach can help you find the unique energies hidden behind your social fears.

Then, you will practice bringing Super YOU into the actions and situations of your dream. AND, during a role play you can practice the situation while specifically expressing one of your newly discovered superpowers.

**SOOOOO GOOOOOOD!!!!**

### **Your YOUUnique Superpowers**

While we all have the Superpowers of Human Nature, we each have a combination of innate energies and abilities that are unique to us as individuals.

Your coach is on a mission to unleash your YOUUnique Superpowers by exploring your social fears!

Why?



Because one of the “experiences” we learn to fear the most is expressing our YOUUnique power.

It helps to know what a YOUUnique Superpower is AND to have some examples of phrases that can be used to describe them. When you are discovering something within yourself that has been hidden in a shadow it can be really difficult to put it into words.



**A superpower is a unique ability that you practice and refine through coaching until it is capable of BIG Impact on other people and situations.**

There are so many amazing abilities that only some humans are awesome at! It’s so fun. This is why we are born for Team Play!

Your Inner Freedom Coach is interested in ALL of your abilities – both common and unique – and will guide you toward expressing ALL of “who you are” to live your dream.

There is an aspect of our human abilities that has been mostly overlooked for a long, long time: the abilities to co-create change. This is because the forces of the hierarchical control status quo don’t want us to even know that we have these abilities.

These are the abilities that can be discovered, honed and refined with a Transformation Coach. These are the Superpowers that you can cultivate to uplift the Human Family into Freedom.

## **The Superpowers for Play!**

We have a list of 64 “Superpowers for Play” to spark your imagination. As you explore the list you may see one that resonates as how you want to relate for influence, explore for visibility or create to express ideas or experiences and experiment for change.

Look it over and go with your gut to choose a few that seem to overlap these two criteria:

- Who is my Dream asking me to become?
- Do I feel this Superpower inside me?

The Super YOU page is something I created that is loosely based on the ancient I-Ching (Book of Changes). I have learned a lot from several rebellious translators of the I-Ching in co-creating this list. It uses language that is “playful” and meant to spark your imagination.

**Feel free to change words or combine a few of them to create the “superpower phrases” that really FEEL like YOU!**

The more you discover and unleash your superpowers the more alive you will feel. AND it might feel pretty scary sometimes.

**MOST IMPORTANT:** Have fun, use your imagination while you look over the list of energies and abilities and imagine yourself possessing them and using them.

### **Reality check**

Most people that I have coached had some awareness of a few things that they were good at doing. And some had an idea about their “strengths” or something similar from doing a

self-assessment test. These inklings and readouts are valuable. But most had no idea about their Superpowers for Change! As we will explore together in Chapter 4, over the course of our lives often our Superpowers go into the shadows to hide until we are ready to embrace the risks involved with using them. NOW is the time.

## **Detailed Superpower Playsheet**

There are a few ways to use this chart.

1) Read it over a few times to look for the unique powers you are noticing within you AND your Dream needs you to develop them and express them NOW.

2) Look at it after each session to see if there is a Superpower that relates to the pivotal moment or memory pop you just explored; feel into the earlier experience. You were expressing SOMETHING. What was it? Look at this page of superpowers to find a phrase that resonates with you.

3) Read it over and while thinking of each of the 4 areas of Social Play:

- You have Relate for Influence Superpowers
- You have Create for Inspiration (to share) Superpowers
- You have Explore for Visibility Superpowers
- You have Experiment for Discovery Superpowers

Look for them on this page!

Again, feel free to mix and match words and phrases to create the phrase that really feels true for you.

{Full Page Diagram on the next page}

# What are your Superpowers for Play?



Imagine who your dream needs you to become. Choose one Superpower for each aspect of Play.

Explore for **VISIBILITY**

Create for **INSPIRATION**

Relate for **INFLUENCE**

Play for **TRANSFORMATION**

- 01 Creative Self-Expression**  
◆ Aligning with universal expansion
- 02 Receive Higher Guidance**  
◆ And all support
- 03 Implement the New**  
▣ Using principles of organizing
- 04 Pursue Answers**  
▽ That create understanding
- 05 Trust Inner Timing**  
▣ Attuned to the natural world
- 06 Maintain Emotional Balance**  
◀ In intimacy and conflict
- 07 Support Shared Interests**  
◆ The guide at their side
- 08 Trusted Agent for Creatives**  
▣ Impresario of style
- 09 Attentive Focus**  
▣ Fascinated by features
- 10 Empowered Self Love**  
◆ And appreciation of life
- 11 Espouse Ideas**  
▽ That promote harmony
- 12 Romantic Perception**  
▣ For a better future
- 13 Listen with Acceptance**  
◆ Appreciate uniqueness
- 14 Excellence with Prosperity**  
▣ Commitment to becoming skillful
- 15 Adaptable Magnetism**  
◆ Friends at all levels
- 16 Choose then Enthuse**  
▣ Develop versatile skills
- 17 Debate Opinions**  
▽ For future well-being
- 18 Improve Integrity**  
▶ Review everything for flaws
- 19 Approach with Sensitivity**  
▣ Inner drive to connect
- 20 Assured Presence**  
▣ Anticipate the right moment to act
- 21 Take Charge Naturally**  
▣ Authority for common good
- 22 Gracious with Emotions**  
◀ With beauty and affection

- 23 Express Complex Ideas Simply**  
▣ Find what is essential
- 24 Inventive Thinking**  
▽ Review and rationalize
- 25 Innocent Trust**  
◆ Accept universal love
- 26 Accumulate Material Rewards**  
▣ Artfully balance needs
- 27 Nourish Well-Being**  
▣ In many forms
- 28 Play with Tenacity**  
▶ Meet life's challenges
- 29 Commit then Persevere**  
▣ Never give up
- 30 Intense Desire**  
◀ With total engagement
- 31 Natural Influence**  
▣ Provide guidance and instruction
- 32 Endure by Adapting**  
▶ Balance continuity and change
- 33 Mindful Narrator**  
▣ After retreat and recharge
- 34 Great Power**  
▣ Fueled by inner balance
- 35 Seek Experiences**  
▣ Learn from everything
- 36 Resolve Crisis**  
◀ Ride the emotions
- 37 Develop Harmonic Friendships**  
◀ Community foundation
- 38 Inspired Fighter**  
▣ For freedom and underdogs
- 39 Dynamic Activist**  
▣ Embrace the world mirror
- 40 Accomplish Great Feats**  
▣ With unshakable resolve
- 41 Imagine Fulfilling Experiences**  
▣ Emptiness leads to fantasies
- 42 Respond and Complete Things**  
▣ Enjoy growth as a benefit
- 43 Breakthrough Perceptions**  
▽ Assimilate new concepts

- 44 Build Teams and See Patterns**  
▶ Alert to instinctive clues
- 45 Tribal Leader**  
▣ Provide wellbeing for your people
- 46 Love of Your Body**  
◆ Delight and determination
- 47 Figure Out How**  
▽ Transcend through transmuting fear
- 48 Depth of Natural Ability**  
▶ Keeping fresh becomes wisdom
- 49 Wise Rebel for New Principles**  
◀ Timing waves of change
- 50 Elevate Tribal Values**  
▶ Traditional or novel with merit
- 51 Act with Shocking Initiative**  
▣ Arousing alternative possibilities
- 52 Gain Perspectives through Stillness**  
▣ Show restraint
- 53 Initiate Experience**  
▣ Pressure and desire to expand
- 54 Ambition to Advance**  
▣ Independent when subordinate
- 55 Access to Spirit**  
◀ Emotional waves trigger creativity
- 56 Tell Meaningful Stories**  
▣ Travel to find stimulation
- 57 Gentle Intuitive Clarity**  
▶ Vibrational sensitivity to truth
- 58 Joyous Vitality**  
▣ The spark to engage with life
- 59 Penetrate Barriers to Intimacy**  
▣ Establish union
- 60 Resourceful Facing Limitations**  
▣ Practical magic
- 61 Inspired by Wonder**  
▣ Search for a bigger "why"
- 62 Logically Organize Details**  
▣ Precision planning
- 63 Inspired by Doubt**  
▣ Critical perception and inquiry
- 64 Inspired by Possibilities**  
▣ Seeking a perfect answer

*These 64 Superpowers are loosely based on the I Ching (Book of Changes).*



## 05-05) Step #5: Explore the Superpower Potential

Understanding the nature of the treasure map gives us a foundation to explore Inner Freedom Step #5. You are playing with a Pivotal Moment where you experience the Pull. You have the moment alive in your imagination; you notice your thoughts, you feel the energy in your body.



Often while feeling the energy or shortly after you will have a memory pop of an earlier event in your life. You now know how that emotionally intense memory got in you!!

Your coach will ask you to explore the body belief: It's not safe for me to: {fill in the blank}. This gives language to the feeling. Just let the words pop up; don't try to "think" of the words.

Step #5 is to explore both the memory pop and the social safety instinct / preservation body belief to look for clues about the power or playfulness that you were expressing or trying to express in that moment.

### Clues from the memory pop

- What was going on?
- What were you doing?
- Someone didn't like your behavior or attitude; what didn't they like?
- If you were trying really hard to help someone or improve a bad situation, what were you trying to do?

Don't expect crystal clear answers from this exploration, though sometimes that will happen. Most of the time you will have a feeling about it and the clarity will come later.

Use the Superpower playsheet. There are a lot of provocative words and phrases for Superpowers for change. Often by scanning this page after a session a phrase will jump out at you to articulate the power you were using or trying to use in that moment.

It's fun!

## 05-06) A New Perspective on Human Nature

What is the core of our Human Nature?

What kind of culture would bring out our best qualities?

And

Why does our current culture seem to bring out our worst qualities?

These are questions that I have pondered a lot since I became a Life Coach in 1997.

What were humans like before, what we refer to as, civilization?

These are deep questions without easy answers.



What I can tell you is that I have honed in on Neglect and Control of Human Nature as the cultural norms that are causing most of the problems that we experience in our world today.

What I aim to do in this article is to paint a picture of the Human Experience of what is often referred to as Hunter-Gatherer Humans from a cultural perspective so that we can recognize why our current culture is so troubling for us.

For sure, we are not going back to our hunter-gatherer days. But by understanding our core Human Nature better, we can make much better choices about how we live together AND, more specifically, find ways to use our Human Nature Superpowers for good.

### **Quick Dave Backstory**

I have been an avid explorer of, let's call it, "the Human Experience", since I was in High School. I studied Anthropology and Human Cultures in H.S and College (along with Computer Science).

In my 20's (this was the 80's) I was an AVID student of personal development programs via books, audio programs and seminars.

I started Life Coaching at the age of 35 with GREAT enthusiasm. I had some success in helping people accomplish their goals, but one question just kept bugging me:

**WHY IS IT SO HARD TO LIVE OUR DREAMS?**

And perhaps even more importantly...

**IT SEEMS LIKE WE ARE MAKING IT HARD FOR EACH OTHER... ON PURPOSE!  
WHY ARE WE DOING THAT?**

We have a world full of people. And so many of us experience...

- Feeling that they are not free.
- Feeling isolated and lonely.
- Feeling that they are not enough.
- Feeling that they don't belong.

Is this "The Human Condition"? Or is there something else going on?

After Life Coaching for 20 years... YES... 20 YEARS... About 7 years ago I started connecting the dots...

a) how our cultures and individual lives are entwined in a complex way.

b) how our current Industrialized Control Cultures are the "CAUSE" of most of the "problems" we experience as individuals. But for some reason when we experience a problem, we think the solution is we need more control.

This rekindled my curiosity for understanding the human experience before our cultures got so complex and hierarchical; say 2 to 5 thousand years ago.

In exploring books and descriptions of hunter-gatherer cultures and (what are often referred to as) indigenous cultures and then looking at my thousands of coaching sessions through this lens, it all started to click together for me.

**What I am going to share with you are observations. I am not trying to present anthropological “facts” to you. And while it might seem harsh, what I am aiming to do is to spark some deep curiosity about the cause of the problems you face; and WE face together.**

### **The basic premise**

Here is my basic premise which has become a core foundation of Human Nature Transformation Coaching.

Human Nature is AWESOME. We are born Awesome.

Human Connection Super Skills are natural to us and become powerful with practice.

If we had cultures that freed and loved our Human Nature, we would ALL live our Dreams peacefully and happily in a world where everyone is cared for.

If we had cultures that embraced and expressed our Human Connection Super Skills, we would ALL live our Dreams peacefully and happily in a world where everyone is cared for.

This culture only exists in very tiny pockets of people separated from the Industrial World. In our Industrial Culture it does not exist. But, we are capable of co-creating it!

What we have right now is a complex web of cultures – family, community, company, region, country – where, for the most part, our Human Nature is BOTH neglected and controlled.

**I call this: arrogant neglect and hierarchical control.**

In this web of neglecting and controlling cultures – THAT WE DO TO EACH OTHER – we experience an ever-expanding matrix of pain and problems. (Note: in Human Connection Transformation coaching we explore this at the personal level as a treasure map that leads us back to our power!)

I believe Human Connection Coaching is a catalyst to understanding Human Nature and upleveling our cultures to embrace it. By using our Human Nature Superpowers and Human Connection Super Skills for good we can disappear the problems that vex us and co-create an amazing world of empowering cultures together.

You are a part of it!!!

This is the essential transformation:

**From:** Control and Neglect of Human Nature

**TO:** Free and Love Human Nature

### **Quick Human Nature Backstory**

We are the descendants of thriving Hunter-Gatherer Humans!

You are here on the Earth, reading (or listening) to this so that means you have Hunter-Gatherer Human Nature in you. It's IN YOU!

Of course, we are not going back to a Hunter-Gatherer lifestyle. Nor to the Farming-Small Village lifestyle that came after that. However, we have the ability and resources together to transform our cultures in a way that plays to our strengths and stops causing the problems we experience.

This is the purpose of Human Connection Transformation Coaching!

Here is a collection of observations of the human experience in a Hunter-Gatherer Culture to paint a contrast with our Industrial Control Culture

## Culture Themes

The history I was taught was that pre-civilization humans were savages running around trying to kill each other all the time. This is BULLSH\*T. This Is not what happened.

**Communal Society** - Humans lived in groups of 50 – 150 individuals. We lived in communal dwellings and migrated from place to place for more abundant food. Even cultures with permanent family unit dwellings were still organized for communal living. Over time these groups loosely organized into incredible egalitarian collectives trading ideas and resources.

**Party Time!** – When one group of Humans crossed paths with another group, the most likely outcome was something we would call a party. It was a rare and thrilling opportunity to meet new people and exchange language, stories, ideas and tokens.

**Relationship with the Natural World** - Humans feel that they are part of nature rather than in control of nature. They treat the resources shared by all, and the natural world around them in general, with great respect, even reverence.

## The basic culture was based on Egalitarian Freedom PLUS Collective Care.

**Egalitarian Freedom:** No one feels that they can or should control another person. Even parents of children don't assume control over them. (more about that in a moment)  
Everyone believes that they are free to participate within the group as they choose.

**Collective Care:** Everyone is cared for. Everyone eats. Most everyone participates in some aspect of hunting and gathering of food or in some other meaningful way and the proceeds are shared by all.

**Property Ownership Did NOT Exist** - Humans had very few possessions, just a handful of tools and tokens, but were surrounded by the people of the group. Hunter-Gatherer Humans would never imagine “owning” the land or the natural resources around them.

**Lifelong Relationships** - Everyone knows everyone in the group. Most people know each other quite intimately through a variety of shared experiences. There is rarely a sense that one person “owns” or is “in control of” another person's behavior or choices.

**Survival** - survival depends on staying connected with the group. So, we developed a strong capability for maintaining a sense of belonging with the people around us.

Understanding the early years of Hunter-Gatherer life is especially important for understanding our Human Nature and the problems caused by our Industrial Control and Neglect Culture.

### **Let's look at this from an individual perspective.**

#### **For the first 2 years you are carried everywhere.**

There is almost always someone holding you. Sometimes by your mother but most of the time by others in the group. Modern observers of indigenous groups remark that you almost never hear a baby cry.

Mothers feed their babies, but the whole group cares for the babies. You have probably heard the phrase: "It takes a village to raise a child". This is how Humans lived for all of Human History until the last few thousand years. Then it became the responsibility of the biological parents to raise the child.

You were carried by most of the group members that are more than a few years older than you.

This "carrying", or "babes in arms", experience creates strong belonging and care among group members.

#### **At about 2 you start toddling around...**

There is always someone watching over you, playing with you, talking with you. Mostly the older children within the group.

Being watched over and played with by many in the group continues to build belonging experiences.

#### **4-13 = Everyday play! (For 10 years!)**

By 4 you are walking and talking and know how to get along and keep up when the group is on the move.

You are expected to choose your own adventure every day when the group is not migrating to a new location.

Your freedom is respected. Your self-expression is encouraged. The young Humans are not supervised by adults! The older children watch the younger ones. And the younger ones become the older ones over time, passing on what they know.

You play with the other children and co-create adventures and activities. Every day is another day of co-creation. These childhood friendships become lifelong bonds of co-creation. When children engage in long term free play without adults, the object of the game is always to keep the game going. Everyone engages in keeping the game "fun" for everyone so that everyone wants to keep it going. Play for Hunter-Gatherer children is wildly social and co-creative.

You learn to skillfully navigate your own desires with those of other children. You fluidly choose among activities and companions on a daily basis.

There are all sorts of dangers in the natural world, but the older children pass this knowledge on to the younger children through everyday experiences. Often you “dose yourselves” with fear by doing things that are a little scarier than you have done before.

You watch the adults co-creating together and treating each other with care. Then, you role play what you have seen with your friends. By observing and practicing you become capable of doing what others in the group do. You learn how to be a valued member of the group and you learn to appreciate the value of everyone else. Contributing to the group is a strong desire within everyone.

You also observe how the older humans care for the common resources and respect their place among all living things.

You participate in carrying babies and watching over toddlers which creates belonging between you and those younger than you. You KNOW how to do it because you experienced it every day when you were a baby and toddler. AND you learn by observing others do it.

Conspicuously missing: adults forcing little humans to sit down, shut up and listen to a lecture!

This way of growing up works beautifully for nurturing the Superpowers of Human Nature and the Super Skills of Human Connection!

We learn best by doing new activities with someone who is a little bit ahead of us.

AND by guiding someone who is a little bit behind us.

This is all day everyday as a Hunter-Gatherer child.

And a side note: this is why coaching is transformational for both coach and player!

**You reach (approximately) 14 years of age.**

You are considered a fully capable member of the group.

By now you are participating fully and contributing your unique abilities to the collective efforts of food, shelter, care, celebrations and group decision making.

## Human Nature Superpowers

Here is a quick overview of the Human Nature Superpowers of an “average” 14-year-old Hunter-Gatherer:

### **Ability to Dream**

**Choose your desires** – your desires seem natural within you.

**Self-worth** – you have it from all of your adventures with your friends

**Self-Love** – you have seen it demonstrated to you and now you have it.

### **Drive to Be Free**

**Choose your adventure** – you are capable of waking up and creating your day while embracing the challenges that arise.

**Self-determination** – fully intact.

**Self-trust** – you trust yourself to be creative and capable in any situation you encounter.

## Love to Befriend

**Choose your companions** – you are very fluid in joining in with others; choosing others to do something with you or being chosen to do something.

**Collective CARE** – you are well versed in caring and being cared for by the others in your group. You also care for shared resources.

**Co-Create** – you are a MASTERFUL and joyful co-creator enjoying the experience and the other people involved.

AND... you are a GENIUS at navigating your own desires for both freedom and friendship from 10 years of daily practice.

## Urge to Become

**Choose your practice** – you know how to be resourceful in learning to do something you want to do. You learn by watching others and also by experimenting with your own ideas.

**Self-expression** – you have honed your unique voice and abilities and enjoy sharing what you create. Through life you continue to grow and contribute in different ways to the collective.

**Spirit of Play** – it's all you know! You play everything.

## Need to Belong

**Choose your environments** – together, with the group, you choose when to migrate and where to settle next. You have skill in choosing environments with plenty of resources. Humans who stay in one place over a long period of time also demonstrate skills in creating safety, abundance and comfort in their environment.

**Social Value** – you have developed your unique value within the group since you were a small child. You know the value and abilities of the others in your group.

**Social Safety Instinct** – you are adept and maintaining your connection to the group.

AND... you are a genius and navigating between becoming your unique self, embracing the unique value of others while at the same time co-creating belonging within the group.

## Ability to Believe

**Choose your beliefs** – through stories you have shared beliefs with the group. In addition, you have an abundance of non-conscious beliefs developed through a lifetime of playful experiences; your non-conscious beliefs generally encourage your value to the group.

**Self-preservation** – you know how to be safe in the natural world and among your human companions. You can read the intentions of another Human almost instantaneously and act accordingly. Violence among humans is very rare because the risk of personal harm is too great and truly there is very little to fight over.

**Self-confidence** – you know how to do many things and you are confident in your ability to respond to new challenges and learn new activities.

## Human Connection Super Skills

Here is a quick review of the Human Connection Super Skills of an average 14-year-old Hunter Gatherer

### Explore for Visibility

Exploring your connections with the 150 or so individuals in the group to see and be seen is an essential survival skill. Looking out for each other becomes natural. Being seen and known by everyone for your unique abilities and contributions is a regular practice.

I imagine that in a group this size you are closer to some individuals than to others and that your close or loose connections shift over time.

### Relate for Influence

When you engage and explore with a group of people every day relating for influence becomes very fluid. Sometimes you are influencing others for something you want to do with the group. Other times you are being influenced by others. Asking for what you need and offering what you have are an essential part of caring for each other.

### Co-create for Inspiration.

Co-Creating experiences together is an everyday occurrence. With imagination and togetherness, you will rise up to various challenges of securing food, shelter but also discovering new ways to make things or do things. Sharing stories to inspire safety, wisdom, belonging and entertainment is a developed skill as well.

### Play for Transformation

In a group where everyone wants everyone else to be their unique awesome selves so that they can maximize their contribution to the group there is a lot of freedom to experiment. When we feel free, our imagination and curiosity can be used for great effect for the greater good.

## In the Industrial Culture of Control and Neglect

Obviously, our world is very different to that of our Hunter-Gatherer ancestors. What I am going to do here is just point out elements of the way we live in our Industrial Culture that cause the most trouble for our Hunter-Gatherer Human Nature.

Also, this is my view of the Industrial control culture in the USA. It may not be like this where you live.

## Culture Themes

**Complex society** – We live in a complex web of connected and overlapping cultures. We have cultures within families, towns/cities, companies, geographic regions and countries. In the US most people live in what is called a “single-family” house or an apartment within a shared building. In either case there is a general sense of isolation or privacy from the people who live near us.

**Constant violence** – There is ALWAYS a place in the world where one group of people have been made to believe that they must risk their own lives to fight to kill the people in the other group. Also, there is daily news about individuals experiencing violence. This “violence in the news” creates a daily confrontation with our ability to care.

**The Natural World** – Humans have come to believe that there is a hierarchy to all things in the world and Humans are at the top of the hierarchy. They also believe that everything and every place is owned by someone and can be bought and sold.

The basic culture is based on Hierarchical Control PLUS Individual Responsibility.

**Hierarchical Control** – In every group – but especially in families, schools, companies and communities - there is someone in control of everyone below them in the hierarchy.

**Individual Responsibility** – Everyone is tasked with taking care of themselves. Each must do some work to earn money that is used to provide food, shelter and the many other necessities of life for themselves and their “dependent” family. The goal is to have money left over to buy “things” and entertainment.

**Constant competition and punished for collaboration** – From our first days in school, and often within our families as well, we are taught that we are all in a fight for scarce resources or superior status. Only X amount of students will be in the “smart group”. We are constantly tested and ranked against each other in every school subject. We are punished for helping a friend with a worksheet or homework.

**Property Ownership** - Consumption and Possessions - In America, the people are referred to as “consumers”. (a term I personally despise) We live to buy, and be surrounded by, things. Things are made cheaply so that they are fairly quickly turned into trash and something new must be purchased. Everything and everywhere is owned by an individual or a company or a government.

**Transactional Relationships** – We tend to work with people in a transactional or transient way. Most people live, work and participate in communities where they are surrounded by people that they have known for a short time or don’t know at all. Some people have a small group of short and long-term intimate connections.

**Survival** - depends on staying in control of your financial situation so that you have access to food and housing.

Here is the flow of early life in the Industrial Control Culture. From a Human Nature perspective... it’s not pretty. And a very important point here: this is not about any individual person's parenting abilities. Our Industrial Control Culture literally makes parenting – mothering especially - an impossible situation.

*“We know that it takes a village to raise a child, but the village is gone.”*

## **Here is Industrial Control culture from an individual perspective.**

### **Born**

You spend a lot of time alone in some form of cage; crib, pen etc.

You cry A LOT. For a baby human's instincts, being alone means that you were left behind and survival depends on crying out so that someone will find you. You live with this constant recurrent need to scream for your life.

You are sometimes carried by mother, sometimes by the father and possibly older siblings or family members.

The mother and father are "in charge" of you and responsible for caring for you.

### **By about 2 you are toddling around**

Sometimes your mother, or another person, is playing with you.

Lots of times you are alone in a cage "for safety" from all of the dangerous inanimate objects in the home.

You are in a small family in an isolated house/apartment. You are not part of a collective.

Lots of times you are staring at a screen with all sorts of mayhem happening.

### **By 3 or 4 you are put on a schedule**

Wake up at 7; get dressed by 7:15; eat breakfast at 7:30; leave for daycare at 7:45; Get to daycare by 8 AM.

You have NO FREEDOM.

You are trained to be obedient.

At daycare you are constantly watched over by an adult and you can play with other children but in a restricted and supervised environment.

### **5 – 13 = School**

By 4 or 5 you are sent to school.

The group is organized by hierarchical control. There is always someone in charge of the other people.

Children learn to obey commands; to sit down and be quiet and obey the teacher.

If children try to play at school, they are shamed. Unsupervised free play with other children is almost non-existent. Some children are able to freely play with other children in their neighborhood after school for an hour or two; but this is rarer with each passing year. For many children, after school is adult supervised activities and homework assigned by the adult teachers.

When children do have "free time" it is often spent in isolation.

The children are subjected to cognitive testing at school on a regular basis. Helping or being helped by others is STRICTLY PROHIBITED. If you get the correct answers you are praised. If you get the wrong answers, you are shamed some more.

The children are grouped with peers of the same age and an adult teacher. So, they are denied the vital experiences of learning from those a few years older and guiding those a few years younger.

Co-creation is demonstrably frowned upon; it is called CHEATING, the worst of crimes at school.

When children play in an environment of adult control or supervision, the object of the game is the attention and approval of the adult.

Most children (by age 10) engage in fierce competition for the approval of adults, the parents, teachers, coaches and performance art directors.

Even when children are playing with their peers in an unsupervised setting, they are in constant fear of doing something wrong and getting “in trouble”.

Children witness a fair amount of violence (often a LOT) and control among people and on screens.

Social Media adds to the fierce competition for peer approval; mostly based on physical appearance or popularity.

**By the age of 14 the Humans are a mess! They have maladapted to control and neglect.**

But they are not ready to participate in the real world. Now they have 4+ more years of compulsory obedience training and even more fierce competition among their peers.

## Human Nature Superpowers

At this point here is a quick overview of the Human Nature Superpowers for Industrial Control Culture 14-year-olds. This is not about any individual teenager, but rather the general overall effect the Industrial Control Culture has on us at that age.

### **Ability to Dream**

**Choose your desires** – by 14 most have been convinced that their desires need to conform to what is practical in the Industrial Work Culture.

**Self-worth** – most are in serious doubt about their worth. While some have a vague notion of being popular, popularity is tenuous at best.

**Self-Love** – umm no.

### **Drive to Be Free**

**Choose your adventure** – obey the rules and follow along. Often freedom is expressed through rebellion.

**Self-determination** – either squashed or channeled into something with adult approval.

**Self-trust** – near ZERO.

### **Love to Befriend**

**Choose your companions** – loose, temporary, functional friendships are the norm. Mostly it's competition.

**Collective CARE** – You can't really care too much about other people because they come and go AND because they are your competition.

**Co-Create** – Because they have been almost completely deprived of free social play, they have NEAR ZERO ability to co-create with others. There is some co-creation on athletic teams, but even on teams there is tremendous tension between co-creation and competition between team members.

Because they have been almost completely deprived of free social play, they have NEAR ZERO ability to navigate between their own desires and those of others.

### **Urge to Become**

**Choose your practice** – mostly obsessive and isolated or fueled by a battle for adult approval.

**Self-expression** – seriously constrained; or rebellious.

**Spirit of Play** – only in competitions. Otherwise, play is seen as frivolous. We are taught that we need to be serious to be taken seriously in the Industrial Job Market.

### **Need to Belong**

**Choose your environments** – most are engaging in social networks that appeal to their need for approval.

**Social Value** – most people feel misunderstood and that they don't really fit in.

**Social Safety Instinct** – most feel they are in a competition for approval and status.

Because they have been under control from birth and in competition for approval from the age of 5, they have very little sense of their own value to themselves or within the group; nor do they appreciate the value of others.

### **Ability to Believe**

**Choose your beliefs** – most believe what they are told to believe in order to maintain belonging. Critical thinking – and choosing beliefs - is almost non-existent.

**Self-preservation** – is running rampant because no one feels safe in their belonging. Fear rules the day.

**Self-confidence** – mostly non-existent. Most move back and forth between the extremes of self-doubt and ignorant arrogance.

Our non-conscious beliefs are formed through our experiences within the culture and what we witness in the culture around us.

- They have seen people treating each other with violence and neglect
- They have rarely seen people doing the activities of life together because they have been separated from the “working world”.
- They have seen that some people have a lot, and many people have nothing and are not cared for.
- They have spent a huge amount of time staring at a screen.

The average 14-year-old non-conscious beliefs are full of:

- doubt about their self-expression
- anxiety about making mistakes
- fear of not belonging
- fear of not being valued

## Human Connection Super Skills

Here is a quick review of Human Connection Super Skills of average 14-year-olds.

The combination of Industrial Neglect and Control with Hyper, global online connection is very complicated. Of course, they are amazing doing their best to find their way to a better world.

### **Explore for Visibility**

They have seen so much of the world on their little screens. So, it would be normal to feel like they have seen everything when, in reality, they have seen very little. I am sure this is confusing.

It seems like most teens feel that they are not seen while at the same time being over-exposed on social media; they have been on camera and recorded since Day 1. It's a strange and confusing mix.

### **Relate for Influence**

It seems like most teenagers are engulfed in the transactional nature of relationships online, with online influencers everywhere. They can accumulate likes but it's not so easy to ask for what they really need or invite others to participate in something. It appears to be hyper-competitive rather than connected.

### **Co-Create for Inspiration**

The tools to create recorded content are incredible, and they know how to use them. They know how to create something for others to experience later.

It seems like the ability to create experiences together in real time is dwindling. They are all so busy looking at their phones.

I also wonder if creating for popularity or approval is a different vibe than creating for inspiration.

## Play for Transformation

I think this is one area where some teens of today are thriving. With their tools and access to everything there are a lot of incredible, playful experiments happening. Yeah!

At the same time, when you become addicted to everything you do or create being “liked” it can degrade into conformity and anxiety very quickly.

So NOW what do we do?

## Normal vs. Natural

The good news is that our world presents each of us with truly amazing possibilities to play our Dreams... for growth, exploration, self-expression and connection.

The bad news is that our Industrial Control Culture normalizes ways of being that are NOT natural; ways that are quite brutal on our Human Nature! And this brutality bears out in the myriad of personal and systemic problems in the Human Experience.

The good news is that our Human Nature is so persistent that it remains in all of us, vital and ready like our beating hearts!

So here is my idea...

1) With Human Connection Transformation Coaching we can uplift the Human Nature within each other. IMPORTANT: Uplifting Human Nature is a guided and co-created experience; it is not “Self-Help”.

With Human Connection Coaching Techniques we can practice Human Connection Super Skills. With practice anyone can become a superstar of Human Connection.

We can all rise up and lift others up!

2) When more of us are embracing and expressing our Human Nature in small groups, we can positively impact the families, communities and companies around us.

And more good news is that WE are MASTERFUL culture creators. So, WE can be the ones to uplift our culture together into alignment with Human Nature and skills of Human Connection.

Yeah Team!

In the meantime... it is essential that we play our Dream and inspire others to join us.

Let's Play.

## **Session #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

One of the founders of Professional Life Coaching

## 06-01) Prepare for Session #06 – Find the Perfection

### And the Supermind Layer

[Listen to this audio to prepare for Session 6.](#)

How are you doing with noticing your pivotal moments?

Is it getting easier to hone in on the moment with the greatest upside potential for your dream?

These are usually the ones with the biggest growth opportunity.

Let's have a look at the coaching notes playsheet for Session #6.

We start off the same way we do each session:

Sharing your current version of your BIG Dream.

Sharing celebrations and results

Exploring Actions and Results that are no happening.

Next we get into the Steps of the Method.

Notice the writing spots are getting smaller! This is because now there are 9 sections whereas before there were 8. In session #7 there will be 10.

There is a section for each step of the method. PLUS there is a section for Memory Pops. This is not a "Step" but when it happens you want to write it down.















Notice the Find the Perfection section – for Step #6 - is on the sheet now.

Then at the bottom are the sections for the Growth Zone and your Play Plan.

Remember that with your coach you will probably only talk about new items that came up in the session. Then you write up your complete Play Plan with all of the playful actions you are focused on for the week.

**Ready to play...**



Inner Freedom Coaching Session #6 Notes			Date: _____
1. WARM-UP & SPEAK YOUR BIG DREAM 			Session: Find the Perfection
2. CELEBRATIONS / RESULTS 	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING  RESULTS NOT HAPPENING		
4. PRACTICE PLAN: Pivotal Moment		5. PRACTICE	
#1. PRE-PLAY THE MOMENT 	#2. THOUGHTS with JFA 	#3. SCAN THE BODY FEEL THE ENERGY 	
MEMORY POPS 	#4. IT'S NOT SAFE FOR METO 	#5. SUPERPOWER POTENTIAL 	
#6. FIND THE PERFECTION 	#8. HEART'S INTENTION 	#9. PRE-PLAY THE MOMENT 	
6. Growth Zone What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers? 	
7. PLAY PLAN: What social actions?			

For this session with your coach, choose a pivotal moment that you know has great potential to unleash your Superpowers! In other words, choose a moment where you are experiencing a lot of fear. ;-)

## What Inner Freedom is

Now that we are half way through the experience, let's do a quick recap on the Inner Freedom Method

Inner Freedom is the ability to choose when and how to get your hearts dream out into the world – through the maze of non-conscious beliefs and fears that are trying to keep you safe by avoiding social risk.

The symbol of the Inner Freedom Method is the heart moving through the maze toward the world.

This is a transformational experience:

**From:** fear, emotions and “limiting” beliefs are something you "power through"; the non-conscious mind is dark and mysterious and must be avoided.

**To:** you can play with fear and emotions; you can uplevel your beliefs; and the non-conscious mind is a vast resource of wisdom and power.

The BIG idea is that you can approach fear with the spirit of play and explore it with curiosity like a treasure map. This brings deep understanding to the self-preservation patterns that are creating conflict with your desire to play BIG for your dream.

With expanded awareness we can transform inner conflict into positive energy, joyful self-expression and deep confidence. This leads to the freedom to choose playful actions that require social risk and the ability to co-create your desired **results and experiences with the world!**

## 06-02) Transformation from “it is what it is” to embrace the perfection

**From:** It is what it is; why bother?

**TO:** Embrace the “Perfection” of the situation

“It is what it is” is an expression of acceptance, which can have value in many situations. AND there is a next level of understanding that is possible when you play BIG for a Dream. That is: “Embrace the Perfection” of the situation. This was a favorite of CV Founder Thomas Leonard. When you Embrace



Perfection you also accept, however, you also remain curious and open to see how the unchangeable situation can impact you or your dream in a valuable way.

Another way of thinking of this is: once you start playing your Dream, EVERY situation around you has some meaning or purpose for your Dream. When you stay curious, often the value will reveal itself.

### **Another transformational experience:**

**From:** fear, emotions and “limiting” beliefs are something you "power through"; the non-conscious mind is dark and mysterious and must be avoided.

**To:** you can play with fear and emotions; you can uplevel your beliefs; and the non-conscious mind is a vast resource of wisdom and power.

This transformation is all about first opening up to the idea that fear, emotions and non-conscious beliefs ARE a valuable part of you rather than something to overcome.

And then the next level is to practice tapping into the non-conscious as a source of power through body awareness and co-created exploration... like we do in the Inner Freedom Method! You can definitely engage in self-reflection to tap into it. AND... the power amplifies greatly when you explore co-creatively with a guide. AWW Yeah!

## **06-03) The Supermind Connection**

As we continue in our program we are going to continue to explore the Energy Alignment Game.

The BIG idea is this: the results (and peak experiences) we co-create in life are only partially caused by our actions; the energy behind our actions is mostly responsible for how results are co-created. Steps 1,2,3,4,8,9 that we have played with so far are focused on the Non-conscious Mind and Playful Conscious Mind.

In the Inner Freedom Method Steps 5, 6 and 7 are part of what we call the Supermind Layer where you strengthen your connection with Life Force Energy. (“Use the Force, Luke”)

In these steps we also intensify our treasure hunt for Super YOU!

So, let’s explore a few details about the Supermind Connection before we dive into Inner Freedom Step #6.



The Supermind is the web of Consciousness that we all have access to. It is sometimes referred to as “The Universe”, “The Field” or Life Force Energy.

This is another aspect of life that will provide an endless supply of insight and fun when you approach it with a sense of wonder.

The Supermind is responsible for spontaneous insights, synchronistic events and profound inspirations. The Supermind is essential to the coaching relationship!

When you think of someone who you haven’t spoken to in a while, and then shortly after they call you seemingly “out of the blue”, this is the Supermind in action.

When you are talking with your coach and a new idea “comes to you” while you are talking or your coach has an “inkling ” or “a flash” about your superpowers, this is the Supermind in action.

There are many ways to play in this realm to get into alignment with your BIG Dream.

**Let’s review the symbols in the model:**

The “?” symbol indicates living by BIG questions and staying open to “answers” as they come to you.

The **emanating heart** is the symbol for the well-known process of gratitude which is an essential practice for Supermind Connection.

The **radio tower** is the symbol of the power of thinking about and speaking your Dream and intentions; putting them “out there”.

The **magnet** is the symbol of attracting experiences that move you toward your dream as long as you stay open to the perfection of each situation. People and experiences are drawn to you by the magnetic power of your BIG Dream.

As your Supermind Connection gains strength it feels like you are co-creating with Life Force Energy. It feels like events are happening in favor of your dream; it feels like the Supermind WANTS your dream to happen as much as you do.

The AWESOME thing is that expanding your connection with The Supermind is baked in to the Inner Freedom Method that your coach is using! The talking faces with the lightning bolt is the symbol for our Coaching Relationship model at CoachVille.

When you share your dream with a coach it amplifies your connection to the Super Mind! This is why your coach asks you to speak your dream at the start of every session; sharing your dream with your Coach and your Dream Team amplifies your connection to the Supermind because we are all connected to it.

When your coach asks you a provocative question that sticks with you for a few days... and then insights start coming to you, this is the Supermind Connection in action.

## 06-04) Your Fears are a Treasure map

Let's go deeper into this idea that your fears are a treasure map to your Human Nature Superpowers.

I have been a Professional Transformation Coach for 24 years – that means people pay me to help them Play Life better. I have coached over 1,000 individuals. SOOO fun.



This Inner Freedom Method is based on what I have figured out while coaching amazing people who really want to be free and contribute value in the world; that's who I coach.

Here is a brief recap of a few ideas:

I have learned that EVERYONE has a dream in their heart that will call them to adventure to contribute to the world. That is why you have a Transformation Coach right now!!!

AND everyone has absorbed a lot of Social FEARS from the Industrial Culture of Control throughout the course of their lifetime.

I have coached many people to reclaim and unleash their superpowers on our Human Journey together. A big insight I have developed is the idea that our fears are a treasure map to our superpowers.

It is a quirky concept. Here is a “baker’s dozen” ideas to help you understand it and embrace the adventure.

### 1) Your Superpowers = your voice, your value, your impact

A superpower is an energy or ability that you can practice to become capable of a big impact on people and situations. You are here to contribute your value and use your voice to uplift the Human Family in some unique way. There is a reason you are here. And that reason may evolve many times in your lifetime.

### 2) It's a treasure map not a road map

The Industrial Culture hyper focus on control and logic - there is a right way to do everything; there is a correct answer to every puzzle – has gotten us out of balance with life. Logic has its place; but most of life does not run on logic nor should it. There is not a step-by-step task list for most things you want to accomplish in life and there is definitely not one for recovering your Superpowers.

A treasure map is about looking for clues, reading mysterious signs, solving puzzles without enough information and trusting your inklings and intuition. When a challenge comes your way, there is probably a purpose for it. Look deeper. Pay attention to any sleeping dreams that you remember. Allow yourself space and time to just “Be” so that flashes of insight can come to you.

### 3) You have a LOT of energy and abilities and possibilities that you are not currently aware of

You were born with a host of energies and abilities. All of them have value for you to share with others and a few of these have Superpower potential; Aka the potential for BIG impact. The need to belong with family, friends, teachers, communities and then co-workers often cause us to hide our uniqueness. This is part of every human story! The

purpose of your BIG Dream is to call you out into the bigger world to discover your power and find the people who want and need the WHOLE you... SUPER YOU!

#### **4) You are allowed to change**

You don't need to be consistent. You don't need to stay the way you have always been. These notions are artifacts of the Industrial Culture mindset where everyone was supposed to be "like a machine". You are not a machine. You are a Human and beyond being allowed to change... you are SUPPOSED to change as you gain wisdom from life's challenges. You can evolve the way you see the world. You can change your perspective. Most likely, some people won't like this. See Point #6

#### **5) You CAN change / uplevel**

You CAN change. You can become the next version of you. You can add capabilities and make more powerful use of the capabilities you are using already. However in order to add new capabilities you are going to have to PLAY... try new things... experiment... take risks. The reason most people stop changing is because they stop playing. People mostly stop playing because of the risks of social play: rejection, mistakes, trouble, disappointment... and failure. The key is to tap into your inner urge to become and allow yourself to play: relate, create, explore, experiment. Remember anything that you cannot control but you can influence is an opportunity for play.

#### **6) Some people won't like you becoming Super YOU...**

You must embrace the notion that some people that you care about don't want you to change. Or if they do want you to change it is according to their standards; not the changes your dream needs.

Always remember there are two transformational power sources inside of you: the urge to become and the need to belong. If someone in your life doesn't want you to change – take more social risks; become more powerful – The Love to Befriend and The Need to Belong are both going to pull you back. It's going to hurt.

I have coached so many people who started into an adventure with the belief that their spouse/child/parent/friend supported them 100%, only to find out that this was contingent upon them not changing in any way. This created a lot of pull back.

So part of your adventure is going to include influencing the people in your life to get on board with your Dream and who YOU will become in the process. Be prepared to have lots of real conversations. Hint: you can role play these with your coach.

Also be prepared to find new people to play bigger roles in your life; people who ENCOURAGE you to become Super YOU and embrace who you are becoming. We call this your Dream Team.

A quirky related note...

I have coached players who were holding on to a version of themselves that a parent / friend/ teacher wanted them to be... even when that person was no longer in their life (or even on the Earth). That person from their life history wanted or needed my player to be a certain way... so they adapted to please them and maintain belonging with them. They found themselves staying that way to honor their memory. They had to find a new way to honor the memory and trust the calling of their dream.

## **7) You are wasting a LOT of energy holding your own power back**

Have you ever been in a situation where you were looking after some young humans (say 2-5 years old) and you were trying to contain them; to keep them “safe”... from everything? It takes a tremendous amount of energy to contain the playful energy of a 5-year-old wielding their creative power! This is a great analogy for what is happening inside of you.

Your playful self is eager to take action to co-create your dream in the world. Meanwhile your preservation instincts are trying to keep you “safe”... from everything... by curtailing your playfulness and your unique creative power. Your inner self feels fear because you got “in trouble” for using that power when you were small.

Now you find yourself in an inner “tug of war” that is quite exhausting! In my opinion the need for sugar and/or caffeine to power you through the day is mostly caused by this exhaustion. Because safety and self-preservation are the default priority, your non-conscious energy is pumping up your mind with ways to distract your focus so that you don’t take any social risks; and to keep your power under control.

What your coach is doing with the Inner Freedom Method is to focus as much of YOU as possible onto your Dream so that it can attain equal footing with self-preservation.

As you become more at ease within your Self, you will recoup soooooo much energy; energy that you can use for your Dream!!

## **8) Moments when your unique power got you in trouble**

Because the Industrial Culture mindset got everyone so hyper focused on control our playfulness and self-expression got us into trouble a lot... at home, at school (for sure) and in jobs (double sure). (again from Chapter 4)

All of these moments hurt, but ...

**Your moments of unique creative self-expression  
where you got in trouble for “being yourself”  
are traumatic moments that hurt the most  
and become your deepest fears.**

These were intense experiences. But the good news is that these experiences leave clues in your non-conscious mind; clues that you can explore with your coach to find and restore the power that you lost!

## **9) Moments when your power failed you**

Another pattern that I have seen in many players is this: an earlier moment when someone (or something) they cared about was suffering or in some kind of trouble. And they attempted to use their power to help them, but it didn’t work. They tried so hard, but they failed to have the impact they wanted to have.

These are also intense moments when our power can go into the shadows. But again, these experiences leave clues... they are on the treasure map... and you will find them when you adventure out to live your dream.

## **10) Where there is fear... there is desire.**

**If you make fear your enemy it will defeat your dream**

## **If you make fear your friend it will guide you to it**

You've heard the expression: "where there is smoke there is fire".

This is exactly like that: **where there is fear there is desire.**

When you move into action for your dream and experience the pull back to safety... the pull of fear... this is a Pivotal Moment. This is a moment where you have the desire to use your power... so you feel the fear of using your power.

When you explore one of these "pull" / pivotal moments with your coach, you are following the treasure map together. Each time you will learn more and more about the fears you have absorbed, the desires urging you forward and the Superpower potential that is within you.

### **11) Follow your hunches and inklings about actions for your dream...**

The more you focus on living your dream, the more you will experience inklings and intuitions about what you need to do. This is the Supermind in Action: when you THINK and IMAGINE your dream it activates the Supermind Connection and these inklings pop into your mind.

Follow these hunches and inklings... try new things and take social risks. Your dream is calling you into the world of people to contribute your voice and value. Expand your self!

Quite often these hunches will pull you into a Pivotal Moment where you experience fear. It can feel like logic trying to "talk you out of it". Your Dream is not dependent upon logic nor control. It is dependent upon play and growth. Notice the fears that come up... be super curious... explore with your coach.

### **12) Trust Your SELF and Honor all parts of YOU**

One of the big side effects of these earlier moments where we experience trouble while being ourselves... in addition to our power going into the shadows... we often lose trust in ourselves at the same time. This lack of self-trust leads to all sorts of dilemma, an underlying sense of anxiety and low self-worth being the most troubling.

A big step back to Super YOU is when you honor all parts of YOU... including your doubts and fears! Understand that you got them from the culture and they are based in the need to belong which is essential and honorable. Be curious and cultivate judgment free awareness toward everything you are feeling and experiencing.

Trust yourself first to notice and consider the actions you desire to take in pursuit of your dream. By practicing with your coach you will gain respect for your ability to play with your power AND to respond powerfully to the challenges that will inevitably arrive.

### **13) Expect a lot of back and forth; go and stop**

Some days you will move powerfully into the Growth Zone toward your dream. Other days the FEAR feels big and the Social Survival Imperative pulls you back into the Preservation Zone.

The path through the Superpower Zone to your BIG Dream is not a straight path; not by a long shot. Expect to zig zag all over the treasure map!

AND... with your coach by your side you will make more and more moves into the Superpower Zone! AWWW Yeah! That's how you live the dream. Thanks Coach!

## 06-05) Step #6 Find the Perfection in the Situation

### Your Dream is a Magnet

Finding the perfection in a situation is a transformational process that can take many forms. The essence of it is this: Each experience serves a meaningful purpose in your life; and in addition is possibly providing some value in your ability to live your dream.

AND with really troublesome or traumatic experiences you may never be able to “find” the perfection and that is OK.

Finding the perfection in situations dramatically expands your connection to life which is a huge confidence booster... but it takes some practice. This is where your Transformation Coach comes in!



By the time we arrive at Step #6 in the Inner Freedom Method you and your coach are playing with 2 distinct and related moments. The first is the Pivotal Moment of Choice in the present that you are playing with. The second is an earlier moment in life that may have “popped” up while feeling the energy in your body.

As we move deeper into the method over the next few sessions your coach will explore both moments with you for “perfection”. The idea is that your BIG Dream is a magnet that draws experiences to you. Many of these experiences are awesome and fun while some seem really difficult or even troubling BUT they are exactly what you need to experience to step into your power and live your dream.

This perspective is often difficult to see on your own, and as I said before, with your Transformation Coach with you it becomes much easier and clearer.

## 06-06) Coaching Proficiency: Recognizes the Perfection in Every Situation

I love sharing ideas from the first version of our Coach Education Programs with you as part of your experience of having an Inner Freedom Transformation Coach.

CoachVille founder Thomas Leonard (and the founder of professional Life Coaching) was really big on the idea of a Life Coach and Life Player (YOU!) looking together for perfection in situations. He wove it into almost every program he created, and we have continued along that path.

From Thomas...

“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.”

“Recognizing perfection doesn't mean that things are "ideal" or the way the player would have consciously chosen it. It does mean being able to identify different possible meanings, seeing multiple realities. You may need to transcend your own bias against the word ‘perfect’”.



When you can recognize the perfection of the situation you feel a deep connection to life, the Supermind and to the meaning of your dream.

Here is a list that Thomas created to compliment the model above:

### Things that don't seem perfect, yet can be seen as perfect

- Failure
- Resistance
- Missed opportunity
- Frustration
- Confusion
- Dislocation
- Sliding backward
- Mistakes
- Financial loss
- Stress
- Difficult relationships
- Competitive threats

## **Session #07 – The Flow of Gratitude**

*“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 ;-)

## 07-01) Prepare for Session #07 – Flow of Gratitude

[Listen to this audio to prepare for Session 7.](#)

Session #7 is the first time we will do all 9 steps of the method. Whew! We made it.

We start with the usual warm up, celebrating and exploring of recent experiences for growth opportunities in the form of pivotal moments.

### Review the method...

#### Set Up)

Identify a VERY SPECIFIC moment to play with together. It will most likely be a moment where the player is experiencing at least a little bit of frustration, doubt, fear, stress, overwhelm or hesitation.

#### 0) Choose a pivotal moment

You will likely have several Pivotal Moments to choose from each week. Choose the one that seems to have the biggest impact for you now.

#### 1) P/Replay the Pivotal Moment (Control)

Activate your imagination and visualize yourself IN the moment and share the scene with your coach.

We use the funny looking word – P/Replay – because you can play with a moment from the recent past (replay) or an imagined moment in the near future (preplay).

Playing with a Pivotal Moment sets up the shift from Control to Co-Create in Step #9

#### 2. Review Reactions with Judgment-Free Awareness

Use the incredible power of your imagination to be in the moment and witness yourself in the moment at the same time. Describe the thoughts in your mind WITH judgment-free awareness and curiosity.

This creates an experience of profound belonging with your Coach; they are WITH you in the experience. This is super powerful!!



Inner Freedom Coaching Session #7 Notes			Date:
1. WARM-UP & SPEAK YOUR BIG DREAM			Session: <i>The Flow of Gratitude</i>
2. CELEBRATIONS / RESULTS	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING  RESULTS NOT HAPPENING		
4. PRACTICE PLAN: Pivotal Moment		5. PRACTICE	
#1. PRE-PLAY THE MOMENT MEMORY POPS	#2. THOUGHTS with JFA	#3. SCAN THE BODY FEEL THE ENERGY	
#4. IT'S NOT SAFE FOR ME TO	#5. SUPERPOWER POTENTIAL		
#6. FIND THE PERFECTION	#7. FLOW OF GRATITUDE	#8. HEART'S INTENTION	#9. PRE-PLAY THE MOMENT
6. Growth Zone What did you learn about playing for your dream?		What did you learn about yourself and your superpowers?	
7. PLAY PLAN: What social actions?			



Witnessing your thoughts sets up the shift from React to Respond in Step #8

### 3) Feel the Energy in the Body

Your coach will invite you to explore your body for the physical sensations while you are in the moment. Again, in the moment and witness to the moment at the same time.

They will ask you to describe the shape, color and temperature.

This step is also known as Somatic Experiencing (meaning: of the body).

It creates a Feeling Layer shift from Resisting to Allowing which creates an experience of safety.

#### Memory Pop)

Because the physical experience you are feeling is related to an emotionally intense moment (or many moments) from your past, often a memory will pop into the mind.

At the your discretion, this moment can be explored briefly while maintaining judgment-free awareness for the people and the situation.

The key to the memory pop is to just allow it to come into your mind; don't try to think of a memory. And then don't dismiss a memory because it doesn't seem to make sense. Whatever pops up will provide valuable clues.

Once you do the Inner Freedom Method a few times, it is likely you will have some kind of memory pop up every time. But if you don't... it's OK. The Method will still work.

Always remember... the non-conscious mind is not logical or controllable. Like life! ;-)

### 4) Scan for Body Beliefs

There is great wisdom in the voice of the body; especially fear. Your Coach will guide you to use the power phrase: It's not safe for me to {fill in the blank} to give voice to the belief or fear. What is the fear trying to preserve or protect? Honor this wisdom completely.

When you feel safe within your body, your mind opens up to new possibilities.

Short version – go to step 8. You did this with your coach in the first few sessions.

Long version – go to step 5, 6, 7

### 5) Explore the Superpower Potential

ALL of us lose access to our unique power – our superpowers – through our troubling experiences in life where our belonging is threatened. The pursuit of our Dreams in the world is an opportunity to discover and reclaim these powers. This truth is the essence of every Hero's Journey story.

Very often in the moment that originated the belief or fear, you were doing something or expressing something that was essential to who they are: a unique ability.



And either you “got in trouble” for expressing it OR you tried to use the power to assist someone or something you cared about and it didn’t work.

Often you will have an inkling about what that unique ability was. This can provide a valuable clue that you and your Coach can use to explore in pursuit of your hidden superpowers.

## 6) Find the Perfection in the Situation

By the time we arrive at Step #6 in the Inner Freedom Method you and your coach are playing with 2 distinct and related moments. The first is the Pivotal Moment of Choice in the present that you are playing with. The second is an earlier moment in life that may have “popped” up while feeling the energy in your body.



Next you will explore both moments to find the “perfection”. The idea is that your BIG Dream is a magnet that draws experiences to you. Many of these experiences are awesome and fun while some seem really difficult or even troubling BUT they are exactly what you need to experience to step into your power and live your dream.

This perspective is often difficult to see on your own, and as I said before, with your Transformation Coach with you it becomes much easier and clearer.

“Post Traumatic Growth” / or Post Trouble Growth

Your Coach will ask you to consider how the earlier moment of the Memory Pop served your life in some way. This can be difficult if the moment was traumatic or troubling.

This is not to say that what happened was “good”. It means that you developed a belief in that moment and probably that belief helped to keep you safe; which was good. Also in challenging moments sometimes they fuel us to rise up in some way. Or they move us to choose a path in life where some good things happened.

And at the very least, it planted a seed within you for “post-traumatic growth” which is now coming to the surface. Post Traumatic Growth means that your response to the event – even many years later – leaves you stronger than you were before it happened.

## 7) Embrace the flow of Gratitude

**Your coach will ask you to connect the dots between the earlier moment and the current situation. Remember the power of Abera Ca Dabera – I create as I speak! Be open to the magic. Start talking and often amazing connections will come to you; no need to force anything. Allow the seeds of awareness to be planted.**



Also, sometimes you won’t see it but your coach will see something and share it with you. This is the mysterious power of the Supermind; you never know where the insights will go.

Often big insights about how your life is unfolding perfectly will come to you after the session. Embrace these moments of clarity. Write notes on your playsheet for the week.

## 8) Make the Mind the Ally of the Dream (Respond)

After feeling the energy in the body in the presence of profound belonging with your coach your mind will “feel safe”; then it will open up to new possibilities. This is BIG.



Your Coach will ask you what your Dream wants you to do. This is the “Dream Request.” This is another “Abera Ca Dabera” moment. Together you and your Coach will co-create a power phrase to describe it.

This creates a Thought-Layer shift from reacting to the situation (in Step #2) to responding to life (in Step #8).

The BIG Ah-Ha moment comes when BOTH playing safe AND playing big are honored as valid choices. The key is that it is now a conscious choice.

### 9) Preplay the Pivotal Moment (Co-Create)

Your Coach will guide you back to the original scene using your imagination to visualize yourself in the situation taking the action with ease while holding the Dream Request in your heart and mind.



Here you are putting your BIG Dream energy out in front of you into the future. WHOA! Powerful.

This creates the Action-Layer shift from attempting to Control which leads to frustration, to Co-creating with life which leads to freedom.

Now you can freely choose how to play the next time you are in this situation. FREEDOM!!!

Then...

Get into the Growth Zone.

It is super important to speak and capture the growth you experienced in the session. Your conscious mind needs this constant reinforcement.

Superpower Awareness

Every Inner Freedom session is another exploration of the treasure map in your non-conscious mind. Make notes about any inklings you had about your reclaimed Superpowers.

## 07-02) Transformation from Self-Preservation to Self-confidence

**From:** Self-Preservation by default

**TO:** Self-Confidence or Self-Preservation by Choice



You have probably heard and maybe even said the popular mantra: “Safety First”. This is a wise mantra based on the Human Nature Superpower for Self-Preservation.

This Superpower is essential to life, so we must honor it.

At the same time, it has a tendency to over control our lives unless we have the wisdom to pull into balance with our other Superpowers.

The balance to self-preservation is self-confidence.

Remember:

Self-Preservation says: I believe it is not safe for me to do it.

Self-Confidence says: I believe that I can do it.

Wisdom is the ability to see a situation and make a choose between these two beliefs.

Since most beliefs operate at a non-conscious level, self-preservation will rule your choices unless you proactively cultivate your self-confidence beliefs!

Remember, you can practice your ability to choose your beliefs.

That is essentially what the Inner Freedom Method is designed to do.

First we explore the thoughts and body sensations in the pivotal moment.

This typically opens the path for a memory to pop up. This allows us to see what our non-conscious mind is trying to preserve. It is typically trying to preserve or prevent a troubling experience from happening again.

By exploring the deeper meaning of the situation and connecting the dots between the past and present we can cultivate deeper wisdom.

Then we explore the Self-Confidence side of the equation that our Dream is typically encouraging us to do.

THEN... the big moment is that we can now CHOOSE.

Is this a moment for self-preservation?

Or is this a moment for self-confidence?

We don't know until we can look at both sides with judgment free awareness.

This way we can move from 100% don't do it because it MIGHT be socially risky.

TO do it if the social reward is valuable to our Dream AND we have the confidence that we can accept the risk that what we are intending might not happen as we planned.

YES! Now we are free.

## 07-03) Coaching to restore our Human Nature Superpowers

### Transformation Coaching Starts Here

When you signed on with your Transformation Coach for the Inner Freedom Program there was a purpose behind it.

You wanted to:

- Accomplish something
- Experience something
- Get better at something
- Change something

You probably didn't think: "Oh, I need help unleashing my Human Nature Superpowers!"

LOL

True. However, to get that "something" you want, that is exactly what we need to do.

And not only will it energize the path to the "something", it will also open doors to amazing new possibilities!

We have explored the Human Nature Superpowers a few different ways.

Here are a few of the ways that your coach is aiming to uplift your Human Nature.

### A Dream to Believe In

The Ability to Believe... Believe in your Dream

Transformation Coaching is about living our dreams! So, your coach has been focused on you and your dream. Every week when you take a few steps out into the social world and then talk about it your belief in your dream gets stronger.

### Encourage Self-Trust

The Drive to BE Free... Self-Trust

Your coach is encouraging you to trust your abilities and trust yourself to choose what is best for you while also being aware of your impact on other people. They are not telling you what to do! (AKA Control)

### Practice Co-Creation

The Love to Befriend... Co-Create



It is awesome to have a wise companion on your Dream adventure. Every coaching session is a co-created experience. This is hopefully renewing your natural ability to co-create with others. You explore situations together to co-create awareness. You practice situations together to co-create clarity and confidence. It's FUN!

### **Promote Playfulness**

The Urge to Become... Promote Playfulness

We grow and become the next version of ourselves by playing. This is essential because coaching and playing go hand in glove since the purpose of coaching is playing better. So, you and your coach have been co-creating ways for you to PLAY life better in pursuit of your dream.

### **Profound Belonging for Superpowers**

The Need to Belong... co-create a place of profound belonging for YOU and your Superpowers.

Your coach will start be creating a “safe space” – a judgment free space – for you to express your dreams and practice being Super YOU!

As your confidence grows from your time with your coach you will begin to bring Super YOU and your Dreams out into the world so they can find where they BELONG!

As you grow in confidence of your Human Nature it becomes more possible to influence the culture that you are in.

YES!

Keep growing.

## **07-04) BIG Dream (Energy Alignment Game)**

How are you feeling about your BIG Dream?

Are you playing for the life you truly desire, WAY beyond what you can control on your own?

Are you noticing that your dream “attracts” to you a wide variety of new experiences and challenges?

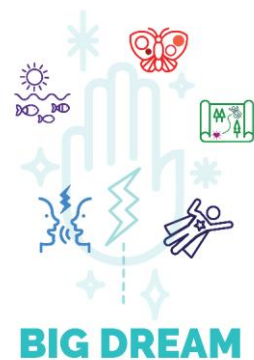
I hope so!

I shared with you a few ideas about your BIG Dream in the Introduction. Keep Dreaming!

Now you have experienced orienting toward your dream with the Inner Freedom Method

Speak your dream every week. Allow it to guide you and your actions and NOTICE the situations that your dream attracts to you.

Also... the BIG question near the end of every Inner Freedom Coaching session: What does your dream want you to do?



This gives your dream a life of it's own; a voice of it's own. It's powerful.

Now that we are a little ways down the path I want to share with you a few more ideas about playing for a BIG Dream.

## BIG Dream Insights

It takes courage to play for something beyond what you can control but you can influence. Embrace the idea that YOU are a person of courage. Note: the word courage comes from the French word "Coeur", which means heart. You are a person of heart!

Also, your dream takes you out of the self-preservation zone where everything is predictable and safe and out into the wild world of the unknown. Try to remember that this is the fun! LOL. Even when it doesn't seem like so much fun to the Industrial Control Mindset.

When you are new to playing BIG for a Dream your dream can evolve or even change completely quite often. This is OK! Go with the flow. AND at some point it will serve you to speak a dream and play for it full-on for a period of time... say 3 months. Then every 3 months step back and choose to keep going or change the dream.

The reason for this approach is that it is more powerful when you play full on with every situation and challenge without needing to step and wonder: "mmm is this the right dream for me?"

## The "Play Life Station" Metaphor

A fun way to think about your BIG Dream is to imagine that the world is a video game console and your BIG Dream is a game that you pop into the "Play Life Station" console to play.

As you pop the game into the console new situations and challenges are presented to you on the screen. These situations require you to expand your capabilities as you move toward the intended outcomes of the game.

Your BIG Dream is a lot like that. As you speak a dream with strong intent to play, suddenly your life has new situations and challenges that are asking you to grow.

Just like a good video game has a sequence of levels that get more and more interesting and challenging; a good dream also has many levels. The difference is that a video game is created from the imagination of the game designers, your BIG dream is created from YOUR imagination.

SOOOO MUCH FUN!



## 07-05) The 3 Energy Transformations of Inner Freedom

Next, I have a model for you that displays the energy transformations that you have experienced in the first six sessions with your Inner Freedom Coach. This model will pull together a few ideas that we have explored in the program so far.

First lets recall the Inner Freedom Method model:

The Action Layer: Transform from Control into Co-create

The Thought Layer: Transform from React to Respond

The Feeling Layer: Transform from Resist to Allow

As you experience these energy transformations you get into the flow of the connections between you, your dream, your life and the world you aim to impact.

**From: Preservation and Avoid Social Risk**

**TO: Inner Freedom and Choice**

Remember the “Human Journey with a Coach Model” and “The Pull”.

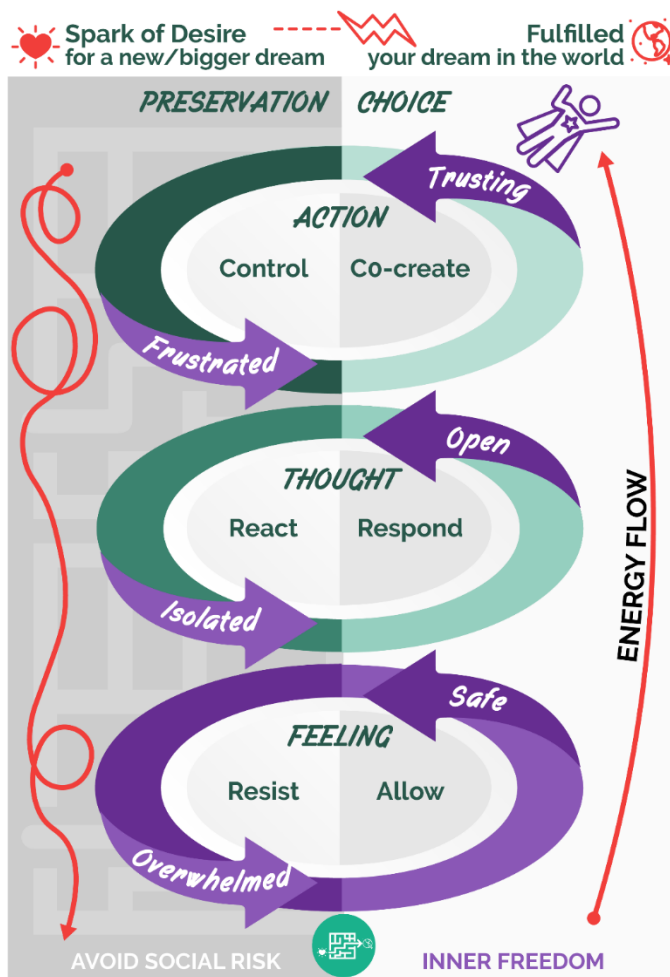
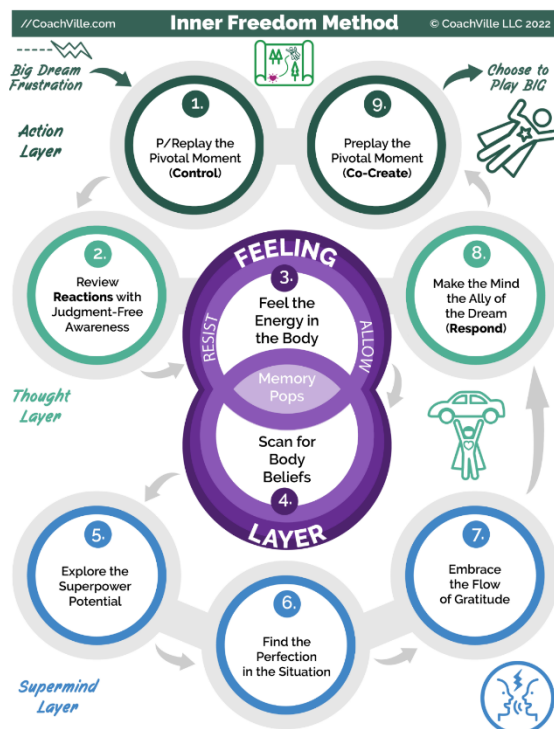
The transformation we are playing for together is to go from being stuck in the Self-Preservation zone where we avoid social risk to the experience of Inner Freedom and the ability to choose when to play BIG for our dreams by using our Human Nature Superpowers and and YOUnique Superpowers.

This is a deep challenge because the need for belonging is such a powerful force in our Inner World. If you are in an environment where it is not safe to be ALL OF YOU – as most people are – your Human Nature superpower of belonging will naturally avoid social risk.

Add to it the hyper-control and perfection trap of the Industrial Culture and it is easy to see why we avoid social risk.

This model will show how the Inner Freedom Method with a coach is guiding you toward transformational shifts in 3 layers of your experience. **We will go down the left side and then up the right side.**

We come into the Inner Freedom experience with a sense of frustration



about our actions or our results. We are attempting to control something and it is not working. This is revealed in Step #1.

Often in this state of frustration we have reactive thoughts that something must be wrong with our situation or with ourselves. We resort to the Industrial Culture formula: work harder in isolation. This is revealed in Step #2

### **From Resist to Allow in the Feeling Layer**

There are actions that we want to take in the world but they involve social risk. These social risk activities almost always bring about a sensation in the body somewhere. If we resist or ignore these sensations we feel overwhelmed; often we do a task or “safe” activity to distract ourselves; like scrolling through social media.

This brings us to Step #3 where we scan the body for physical sensations.

By feeling into the energy and allowing it to be there in the safe space of belonging provided by your coach you begin to feel safe within your body.

### **From React to Respond in the Thought Layer**

When you feel safe within your body everything changes! Your mind opens up to new possibilities and can think from the desires of your BIG Dream. This brings us to Step #8 where you can now respond to your situation with creativity and enthusiasm. Your mind can now align with your dream and come up with actions that are clear and brave.

### **From Control to Co-Create in the Action Layer**

After your mind opens up you move into a space of trust. You can trust yourself. You can trust life. You can trust your dream. **You can trust that the situation you are facing is here to propel you into your dream.** You can trust in the value of what you are aiming to do in the world. From this state your imagination can move into a powerful co-creative place and you can pre-play the pivotal moment with ease and power; you can imagine yourself as Super YOU.

### **YOU out in the world**

After the Inner Freedom experience the pivotal moment that felt so difficult suddenly seems easier; your actions flow with clarity of purpose; often requiring very little time. With the energy aligned the results start to happen, often in magical ways. Now this doesn't mean that everything happens as planned every time. But over time it does get easier and better and most importantly YOU feel more connected to life... this is Inner Freedom.

## ***07-06) The Fun and Freedom of the 95%!!***

Remember this model that I shared with you about the purpose for playing the Energy Alignment Game?

*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.*

The point here is to release the industrial mindset that you must sit and complete tasks all day.

Remember!!! You – all of us – were subjected to the somewhat sinister intentions of the Industrial Culture to diminish you from a wild, free, co-creative human into an obedient servant; who will show up for the job and do what the boss tells you to do for pay that is far less than you are worth. Then to use that pay to buy the Industrial CRAP put out by the machine. This keeps you a cog in the Industrial machine producing wealth for the Billionaire “Captains of Industry”. **BLAGH!**

Your coach is guiding you to be **FREE**; to feel confident and capable and practiced in pursuit of your dream. A dream where you contribute your value to others in a business or a role where you are compensated fairly! Then you can use what you earn to invest in quality products and services offered by people who are also being paid what they are worth! This is the intention of the Connected Culture of Play with a Coach.

The path to freedom includes:

- Playful Actions where you express your power and value; become Super YOU
- Uplevel Beliefs where you choose your power and value and honor your fears
- Design Environments of belonging where your power and value are embraced

**With a Coach you are NOT alone...**

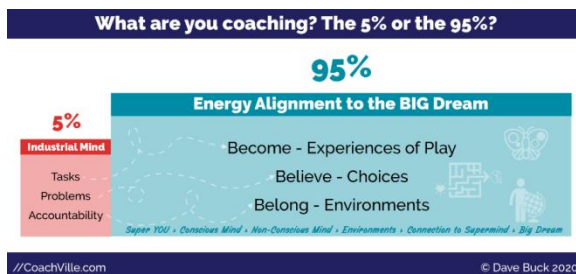
First with a coach, then with a team of capable co-creators, you expand your influence in the world around you.

Sharing BIG moments together creates profound belonging.

Profound belonging is the catalyst to a lot of growth!!

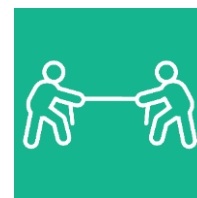
This is you, your coach and your dream team together!!

Don't have your Dream Team yet? Not to worry!! It will happen if you keep playing with a Coach.



## **07-07) Look for Pivotal Moments of Social Play and Social Fear**

You might be thinking: “gee to call the Industrial Culture toxic seems harsh.” I get it. My aim here is not to get us caught up in the negative. However, my purpose in life as a Transformation Coach and with this Inner Freedom program is to guide my fellow humans toward freedom. And part of playing for freedom is to understand what we are getting Free FROM; while putting our attention on the freedom TO live our dreams NOW.



Remember this diagram with the 4 Pivotal Moments of Social Play and 7 Social Fears. By now you are starting to notice these fears when you give voice to the body beliefs of self-preservation instincts and social safety instincts:

### It's not safe for me to:...

As you notice these fears and have memory pops emerge many of them will come from moments in school, in jobs and with your family. Remember too that all social fear is learned. You are not born with social fear.

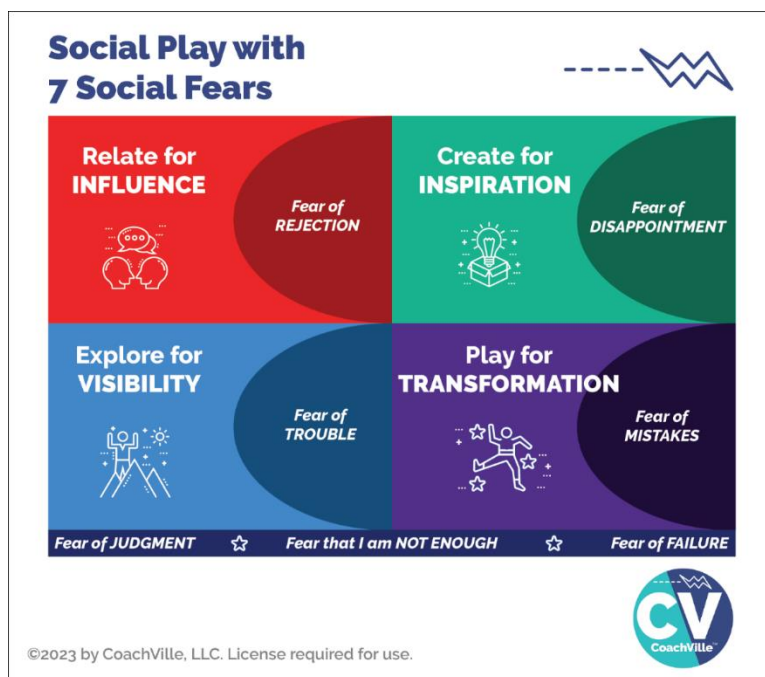
I am only suggesting that you connect the dots and wonder: why school, jobs, and families of people who were diminished in schools and jobs, create so much social fear? Why are so many of us left believing: That we are not enough; that we don't truly belong, that it is not safe to make a mistake... etc. How did we become such small versions of our possible selves?

### THE BIG CHANGE

When you focus your energy on YOUR Big Dream; when you start to restore your human nature and YOUnique power, when you have an Inner Freedom Transformation Coach, everything changes!! AWWW Yeah!

While the social fears that you absorbed will always be a part of you, you can develop your Human Nature Superpower to choose new beliefs; beliefs that serve your dream.

You begin to LOOK for and enjoy challenging growth situations. You know they will create opportunities to expand into your power.



## 07-08) Step #7 Embrace the Flow of Gratitude

Seeing your life, and the situations you are in, with gratitude is an essential skill for The Supermind Connection; feeling in the flow with life.

In Step #6 Find the Perfection we used judgment-free awareness to intentionally notice how the current situation is serving your dream. And if you had a memory pop of an earlier moment in your life, you intentionally reframe it to see how it served you in some way or prepared you for the growth you can experience now.



Now in Step #7 we take a moment to FEEL the gratitude for the growth oriented awareness that is occurring and the value of playing for a dream.

It is powerful when you can feel gratitude for the path to growth – for how your dream has pulled the perfect growth opportunity to you to open a path for you to become the person who can live your dream.

## **Connect the dots**

Your Superpowers and Playfulness left clues for you!!!

In Step #7 we also connect the dots – between the earlier moment (revealed in the memory pop) and the current situation.

It can be extremely freeing when you can see how the fear or resistance that you are experiencing now came from an earlier moment in life; a moment when you had much less influence and capability than you have today.

It is also illuminating when the memory pop reveals how you either:

- a) got in trouble for using your power OR
- b) your power failed you in some way

Now you are more capable of learning to use your power with wisdom for positive IMPACT!

When you are able to honor the fear and its origins it loses its unseen power over your choices. You can choose to play safe if it serves you; but you are doing it with clear intention.

Then in Step #8 you explore what your DREAM is asking of you; presumably to play big in some way.

THEN... YOU have the choice. You can choose to play safe OR you can choose to play BIG.

Embrace both. Both have honor. This gives you tremendous Inner Power.

What I have found is that when you embrace both, it becomes quite easy to choose the play BIG action.

## **Session #08 – Make Your Mind the Ally of Your Dream**

*“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’”.*

*- Christopher Alexander  
From “A Timeless Way of Building”*

# 08-01) Prepare for Session #08 – Make Your Mind the Ally of Your Dream

[Listen to this audio to prepare for Session 8.](#)



## Role Play PLUS Inner Freedom... Again

In this session we are going to do a Role Play with a BIG ASK.

Think of the invitation, request, offer, pitch to an influencer for something you wouldn't normally ask for (remember to expand your band).

Think of an ASK that you know will bring up some fear when you think about it. Then use the Inner Freedom Method to clear the path energetically!

Look for an opportunity to use your power in a unique way.

Remember when we do the Role Play + Inner Freedom:

Step 1) Role play the BIG ASK and call time out when you feel the fear.

Steps 2 – 8) Use the Inner Freedom Method to explore the FEAR and energize your dream.

Step 9) Rather than preplaying in your imagination, you go back into the Role Play and notice your clarity and confidence.

THEN... go out in the world and PLAY... make the ASK; make a BUNCH of asks. Remember... this is your BIG Dream... AND the world needs your dream to happen. Allow influential people to support your dream.

## Ready to go!

Remember that your coaching session is a co-creation with your coach. It is not a test; it is not a counseling session to talk about your problems. It is an opportunity to explore new ways that you can play BIG for your dream. To prepare for the session all you need to do is look over your notes of your pivotal moments for a Relating for Influence opportunity.

Inner Freedom Coaching Session #8 Notes			Date:
1. WARM-UP & SPEAK YOUR BIG DREAM			<i>Session: Your Mind, The Ally</i>
2. CELEBRATIONS / RESULTS	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING RESULTS NOT HAPPENING		
4. PRACTICE PLAN: Pivotal Moment		5. PRACTICE	
#1. PIVOTAL CONVERSATION (Role Play)	#2. THOUGHTS with JFA	#3. SCAN THE BODY FEEL THE ENERGY	
MEMORY POPS	#4. IT'S NOT SAFE FOR METO	#5. SUPERPOWER POTENTIAL	
#6. FIND THE PERFECTION	#7. FLOW OF GRATITUDE	#8. HEART'S INTENTION	#9. PRE-PLAY THE MOMENT
6. Growth Zone What did you learn about playing for your dream?		What did you learn about yourself and your superpowers?	
7. PLAY PLAN: What social actions?			

## 08-02) Transformation from React to Respond

**From:** React

**TO:** Respond (with the freedom to choose)

**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 for your Dream.. 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 you to the joy, effectiveness and fun of co-creation. AND we may need to upgrade your beliefs to include that you 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!**

**This leads to the FREEDOM to choose**

After you practice the new moment with the Step #9 Preplay, you get the feel for the new experience.

Then when you are in the world playing, you are FREE to choose to play big OR play safe depending on which feels right in the situation.

Playing BIG is not always the best choice, but often it is.

### ***08-03) The Treasure Map of problems***

My friend and coach – the late Thomas Leonard; also the founding father of Professional Life Coaching – always said that coaching is NOT about problems. But if you client wants coaching on a problem, make sure you are focused on the source of the problem and not the symptom of it.



This is a very important idea that I took to heart. But it is not easy because finding solutions to problems by focusing on the symptoms is everyday life in the Industrial Culture.

Earlier in the program I shared with you my theory that if one person in a large group has a problem, then the problem is with the individual. But if several people in a group have a problem, then the problem is in the culture.

Over the past 10 years I have made a fairly deep study of pre-industrial and pre-agrarian cultures searching for clues to the source of the many problems we face in the modern Industrial Culture.

From this study I have come to a profound conclusion.

I assert that most of the “Problems” in the Human experience – anxiety, self-doubt, depression, bullying etc. - **are caused by the Toxic Industrial Culture and the way it controls and neglects our Human Nature.**

Notice that  
Control and Neglect  
are the opposite of  
Be Free and Befriend.

This leads to my theory about the deeper value of Transformation Coaching in our world today. Rather than trying to fix the myriad of problems afflicting our Human Family, if we can restore our Human Nature Superpowers the “problems” will gradually disappear.

To me this means that if we together can co-create cultures that are re-humanizing it will cause a massive “healing” – or disappearing – of problems.

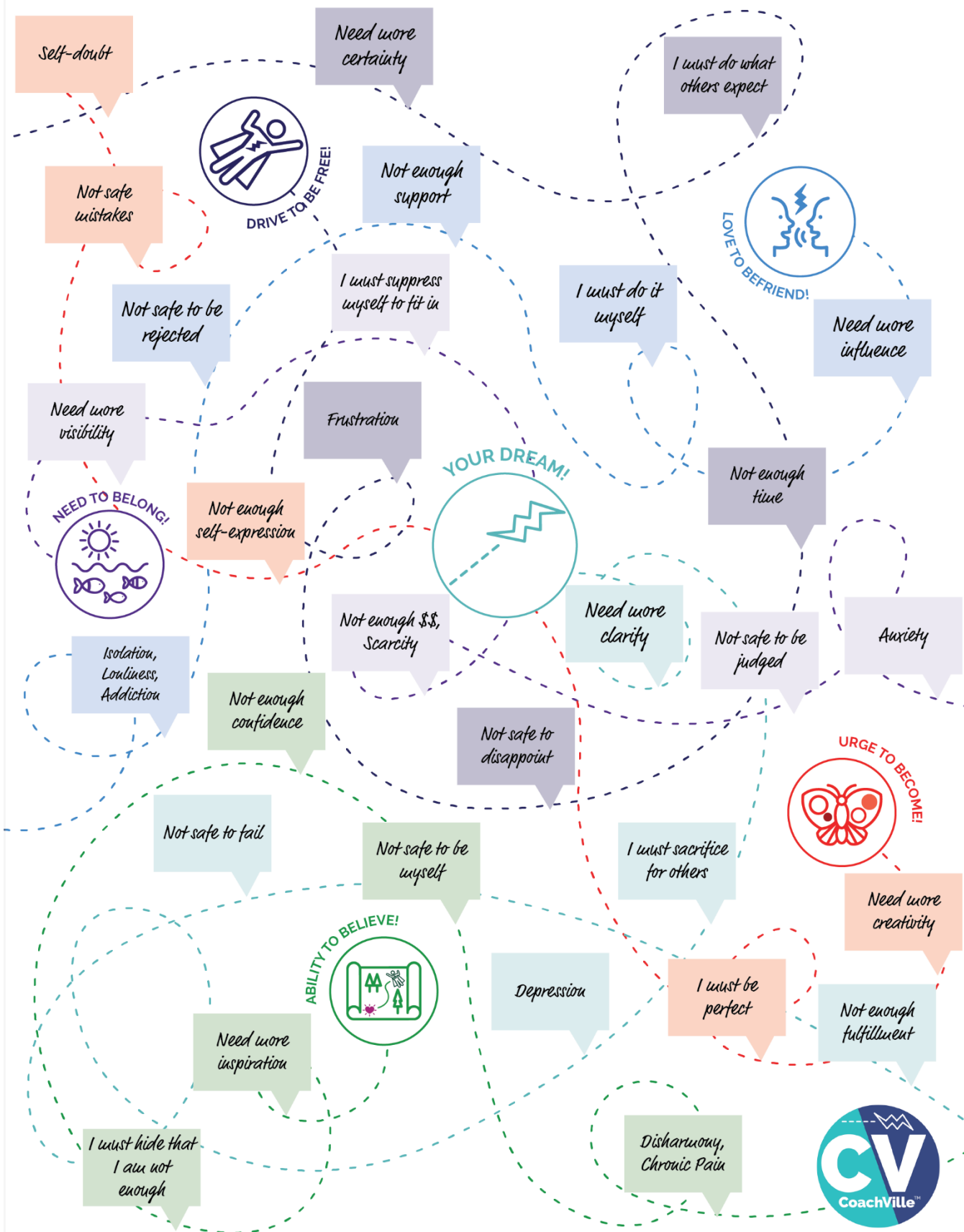
With this in mind, I created a few charts called the Treasure Map of problems.

One of the charts is in a treasure map style, the other is in more of a chart.







The purpose is not to provide a diagnostic! BLAGH!! This is not what we do as coaches.

But rather, if you – or someone you know is experiencing one of these problems, it will give you clues about which Human Nature Superpower you can focus on restoring to disappear the problem.

# Treasure Map of "Problems"



## Treasure Map of Problems Table

<i>Superpower</i>	<i>Dream Challenges</i>	<i>Industrial Mindsets</i>	<i>Scarcity Complaint</i>	<i>FEAR</i>	<i>Deep Trauma</i>	
<b>To Dream</b> 	Stress	Need more clarity	I must sacrifice for others	Not enough fulfillment	Not safe to fail	Depression
<b>Be Free</b> 	Procrastinator	Need more certainty	I must do what others expect	Not enough time	Not safe to disappoint	Frustration
<b>Befriend</b> 	Loneliness	Need more influence	I must do it myself	Not enough support	Not safe to be rejected	Isolation Addiction
<b>Become</b> 	The EGO	Need more creativity	I must be perfect	Not enough self-expression	Not safe to make mistakes	Self-doubt
<b>Believe</b> 	Self-sabotage	Need more inspiration	I must hide that I am not enough	Not enough confidence	Not safe to be myself	Disharmony Chronic pain
<b>Belong</b> 	The Beast	Need more visibility	I must suppress myself to fit in	Not enough \$\$ / Security	Not safe to be judged	Anxiety Bullying



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Next to each of the 6 Human Nature Superpowers is a common name that is often used to describe a “problem” with us Humans.

But these “problems” are caused by this Superpower being suppressed, neglected or manipulated in some way.

They are hard to read so here they are:

To Dream: **Stress**

The Drive to Be Free: **Procrastinator**

The Love to Befriend: **Loneliness**

The Urge to Become: **The EGO** (either too big or too small)

The Ability to Believe: **Self-Sabotage**; thinking there is a bad actor inside of you trying to thwart your intentions.

The Need to Belong: **The “Beast”**; thinking there is a beast in your mind saying there is something wrong with you.

### You may notice...

You may notice yourself saying or thinking things like this:

“Oh, I’m a procrastinator”

“Oh, I keep sabotaging myself”

These thoughts – like most of our thoughts – come from experiences we have had in the culture.

Our theory is that most human problems are caused by our Human Nature being controlled and/or neglected in the industrial Culture. So rather than trying to get the symptom “under control” we aim to restore the players expression of their Human Nature Superpowers.

For sure, it is a major transformation to stop blaming and shaming our own human nature for problems and instead find a path to restoring our Human Nature Superpowers.

That is the purpose of the Treasure Map of Problems!

First, remember it’s a treasure map, NOT a diagnostic.

It is meant to give you – and your coach – clues about where to look for the source of the problem.

So for examples:

If you think that you have a “procrastination problem”, together you can practice to restore your Drive to BE Free and choose their adventures.

If you think that you have a “self-sabotage problem”, together you can practice to restore your Ability to Believe and choose their own beliefs.

**MOST IMPORTANT!!!**

Make it a fun growth adventure! Don’t make the problem a problem.

### **The BIG Idea**

Rather than getting your procrastination problem under control with various techniques for self-discipline etc., you can explore and practice using your Drive to BE FREE to choose your adventure every day.

As you gradually make moves in life to reclaim your freedom and practice choosing your adventure every day, your procrastination problem will gradually disappear.

You and your coach can do this for any “problem” that you see on the chart.

Have fun!

## 08-04) Playful Conscious Mind (Energy Alignment)

Think playfully.

Act playfully.

Your playful mind was squashed pretty hard in the Industrial Culture. BUT it is in there. Hopefully you are starting to recognize it, embrace it and listen to it.

And also recognize it is NOT easy to shake free of the Industrial Mindset of working on tasks in isolation and doing everything perfectly, never make mistakes; only do what you can control.

“If you ask for help you are a cheater”. We heard these messages and saw them play out over and over. You saw kids in school being shamed for getting wrong answers or low grades and it probably happened to you as well.

BUT... You are a human and all humans are born to play.

The spirit of play.

Curious and Creative

Resilient and Resourceful

Explore and Experiment

Wonder and Fun. And Joy

Enjoy the activity... enjoy the challenges. Enjoy the unknown.

Enjoy the growth... enjoy the pursuit of getting good at actions and results.

Choose to Play for influence in the your community... for your company... in the world.

This is the calling of your dream.

Let's explore the relationship between the playful conscious and the other elements in the Energy Alignment Game.

Super You – playful YOU wants to be awesome!!

Non-conscious Mind... It's complicated. When you feel socially safe, your non-conscious mind will supply you with amazing insights and spontaneous playful ideas. When you don't feel safe your non-conscious mind will stop you from playing and work to keep you small.

Environment – That depends!! When you are in an environment of profound belonging it will call for your playfulness and Super YOU. There will also be people who you observe and get inspired by. In an environment where you and your playful power don't belong, you will feel the 7 social fears of playfulness quite intensely.

Supermind – The sense of wonder; the trust in life... embracing what is happening and responding to it resourcefully...these are playful.

The BIG idea is this



When you work... you are a replacable cog in the wheel.  
When you play..YOU matter!  
Your unique abilities and contribution make the difference.

## **08-05) Step #8 Make Your Mind the Ally of Your Dream**

### **Your Mind is an Amazing Ally!**

You have experienced Step #8 several times by now. Hopefully you have noticed how different your mind is before and after feeling the energy in your body and giving voice to your self-preservation beliefs.

When your body feels safe,

AND you feel profound belonging with your coach,

your imagination activates and your mind opens up to new possibilities...

it can see and “feel” what your dream wants you to do; and who it wants you to become.

And then you can give voice to your heart’s desire.

Your Coach will ask you: What is your Heart’s intention in this situation?

OR What does your dream want you to do?

Both of these questions give you the opportunity to “Abera Ca Dabera” – I create as I speak -for your dream.

A really important point here that I have shared a few times: this is not something you can easily do by yourself. This is a co-creative experience. The presence of your coach – who shares your dream – creates the belonging and social safety that allows your mind to open up.

### **Thought Layer – from React to Respond**

Steps 2 and 8 are connected in the Thought Layer of the Inner Freedom Method Model.

When your body is feeling fear... then your mind’s #1 job is to preserve the status quo and stay safe; which resorts to the logic of the Industrial Mindset.

Often in the “reactive” state the Industrial Mindset will serve up thoughts like: “leave me alone so I can do my work”. This leads to isolation.

When your body is feeling belonging... then your mind’s #1 job is to contribute out in the world... to play BIG for your Dream; it taps into your imagination and connection to life.

Often in the “responsive” state the Connected Mindset will serve up possible ways to reach out, team up and co-create with others.

### **Use Colorful Language**

The Coaching Question is: What is your Heart’s Intention in this situation?



Sometimes there is a clear directive for action. This is what my heart wants me to do...

Sometimes it is more of a becoming; something more about expressing your superpowers.

A good way to explain colorful language:

- The words paint a picture you can see.
- The words describe an experience you can feel.

In other words, after a deep exploration of Memory Pops, Superpower Potential, Finding Perfection and Embracing the flow of Gratitude, **your Heart's Intention will speak to you!!**  
Abera Ca Dabera. LISTEN!!

## Use the Superpower Playsheet

You will have some words come up during the session with your coach. Remember the key is not to force the words; but rather, allow them to come through you. (This takes a little practice)

A fun idea is to review the Superpower playsheet (The 64 Superpowers of Play) right after the session to see if any of the phrases jump out at you to explain who you dream wants you to become.

Examples:

#19 Approach with Sensitivity – Inner Drive to Connect ... one of mine.

#38 Inspired Fighter for Freedom and Underdogs ... one of my favorites

#49 Wise Rebel for New Principles ... another favorite!

## ***08-06) Explore Reward and Risk – Feel the Pull and Then Choose!***

Inner Freedom is the ability to choose when you play BIG for your Dream and when to play SAFE for (self) Preservation:

- When to risk your social status for the potential reward that could move you closer to your dream.
- When NOT to risk your social status and focus on tasks that preserve your place in the social status quo.

The most important **THING** is to honor both options.

AND recognize that engaging with reward and risk is the essence of playfulness!!

Use judgment-free awareness about the need to play safe sometimes.

This will free you up to play **BIG** more often than you do right now.

The **FEELINGS** in your body are not going to go away.

The physical sensations that accompany social risk will always be a part of your life.

The key is to notice them, listen to them, embrace them and give them honor in your life. Then you are free to choose when to play safe and when to play **BIG**



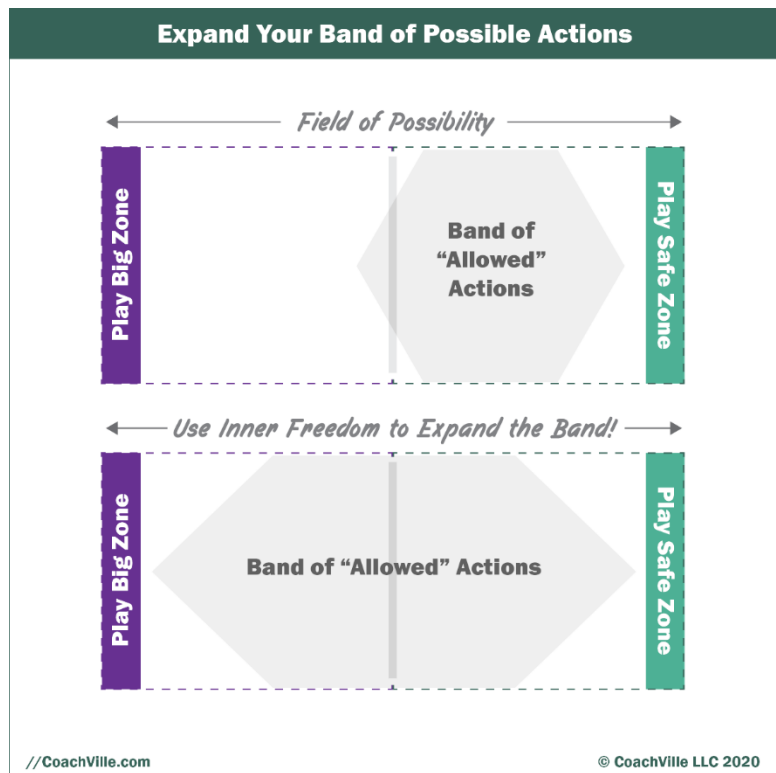
## 08-07) Expand Your Band

This is a fun model to open up some new possibilities for you; opportunities to expand into more activities of social risk for social reward.

After being diminished by the Industrial Culture we have a relatively small “band” of activities that we feel we are allowed to do. AND a LOT of activities that are possible but we feel that we are NOT allowed to do them; so we don’t even think of doing them. This is the wide range of actions that we either got in trouble for or witnessed someone else getting in trouble for.

Examples include:

- Asking for what you want or need;
- Speaking your truth to someone who has more power than you do.
- Approaching people who you see as more successful / powerful than you
- Seeing opportunities to share your SELF or your VALUE in a bigger way
- Seeking advocates, referral partners,



So now we find ourselves with a band of allowed activities that is mostly in the Play Safe Zone.

Your coach is aiming to help you see more of the field of possibility!

Coach Manny (my “boss” for 14 years when I was a soccer coach said::

*“great players can see the whole field  
and choose what the game is asking them to do.”*

Now Coach Manny was talking about the Soccer Field; but the same truth holds for Life and the “Field of Possibility!”

When your body feels safe, and your mind is open your imagination can see more of the field!

## 08-08) It's GO TIME!!

There are 4 sessions left in this adventure with your coach. Possibly there are many more to follow, but either way, now is a great time to pump up the volume.

Now is the time to embrace your emerging freedom and play BIGGER.

Imagine the BIG actions – with plenty of social reward and risk – that you can practice with your coach and then play with in the world.

When you play with a Social Risk you may gain a social reward... AWESOME.

OR you may experience some new doubt or fear which gives you a new pivotal moment to explore... also AWESOME.

- Try something new / Experiment
- Explore a new community or network for visibility
- Reach out to people... ASK for things / Offer things.
- Create something and then share it... something meaningful



### Expand your best efforts...

It's your coach's job to push you!!!

Thomas Leonard – the founder of Professional Transformation Coaching – called Coaching Proficiency #5: Expand the Players Best Efforts.

Here are a few thoughts from this classic body of knowledge from 20 years ago so you understand where your coach is coming from:

### Expand Your Players Best Efforts

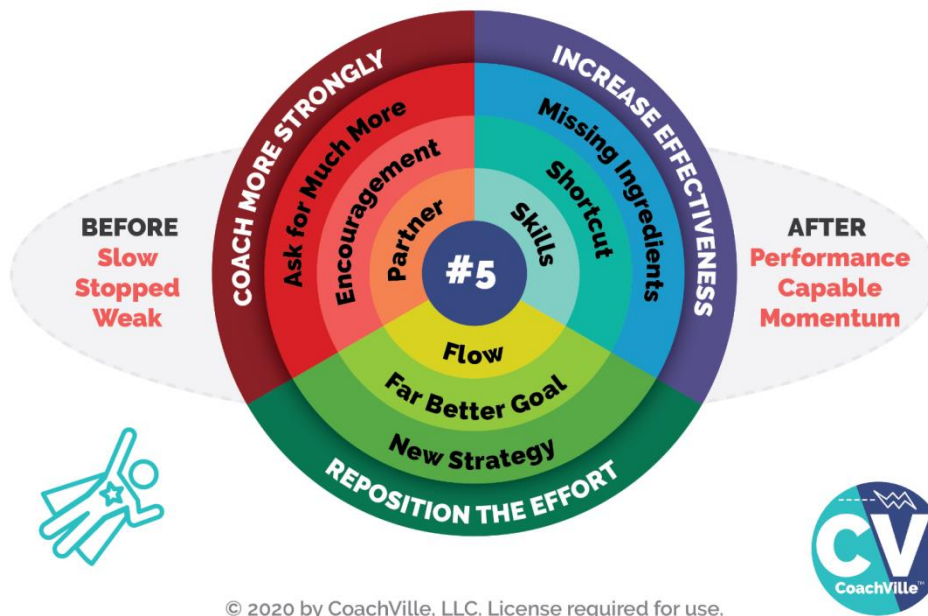
One of the reasons players hire a coach is to support them to do more in a shorter period of time than they would do on their own. Hence, the Certified Coach acts as both a catalyst and accelerant. By supporting the player to do more than they have done or think that they are capable of doing, significant value is added.

### Your player has done well, but is it the best that they can do?

1. Players hire coaches to help them do more than they would do otherwise.
2. Whether they actually do more is up to them, it's up to the coach to introduce the possibility and make the request or invitation.
3. Even though the player may feel that they have made their best efforts, the coach shows them an even bigger picture.
4. Expanding may mean adding new players, earning more income, being more productive.
5. Or, it may mean accomplishing the same results in a shorter time, with less effort.
6. It may mean taking the goal and moving it into a much, much larger frame of reference.
8. Your player's expanded success in a particular area can redefine their values. It can shift their priorities; make them think differently about their goals and purpose.

9. You will have given your player a new environment where they can evolve for the next 20 years - it's very empowering!

## #5. Expands the Player's Best Efforts



- **Coach more strongly.**  
Ask for much more than the player expects. Encourage the player. Act like a partner, and ask them to do the same.
- **Reposition the effort.**  
Develop new strategies. Establish a better goal. Look for the flow.
- **Increase the player's effectiveness.**  
Identify the missing ingredients. Help them identify and utilize shortcuts. Identify what skills are missing and help the player develop them.

### What are the areas to expand?

1. Action levels.
2. Performance.
3. Capabilities.

### Recognize the player for what they have already done, then expand their awareness as to what they are truly capable of doing.

1. Recognize and acknowledge what the player has already accomplished.
2. Then suggest a bigger result, and ask the player to react.
3. Expand until your player resists, don't back off too soon.
4. Bring emotional motivation into the conversation, asking how they would feel after

5. Ask for an even greater best effort. Build on their answer, asking how they could carry that feeling further into their future.
6. Expand your players thinking beyond just numerical results.
7. Ask them to think in visionary terms, Move from personal to community.

FUN!!

## **Session #09 – Preplay the Pivotal Moment**

### **Plus: Embody the Dream**

*“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 a desired future **Peak Experience**. After your energy goes there, it is much easier for **YOU** to go there”*

*-Coach Dave Buck ;-)*

## 09-01) Prepare for Session #09 Preplay the Dream

[Listen to this audio to prepare for Session 9.](#)

I hope your first week of Go-Time was invigorating. Keep going!!

Step #9 of the Inner Freedom Method is called “Preplay the Pivotal moment”. This is the last step of the method where you push your energy into a future moment using your imagination and body awareness. This is so powerful. By now you have done this many times with your coach.



The purpose of Step #9 is to align your energy so that you can co-create your desired peak experiences with the people around you; usually by engaging in social play. For this session we are going to do a more advanced version of this step. A technique that we call Embody Your Dream. (It was originally called “Intentional Co-Creation” and this is the name you will hear in the player prep audio)

The Embody Your Dream Technique is like doing a dress rehearsal for your Dream.

To prepare for the session, the most important thing is to think of the ultimate peak experience that you are playing for. A peak experience is the same as a pivotal moment except we focus on the social play and desired outcome of the more than the internal pull.

Then we imagine a sequence of three social actions that you will take and impacts that will happen with others on the path to this ultimate peak experience.

It’s a wow!









You and your coach do the usual stuff to celebrate and explore your recent challenges and pivotal moments.

Then you and your coach will co-create or clarify a sequence of social play actions and impacts that will lead up to your ultimate peak experience. By now you are pretty good at looking at your dream through the lens of social play.

The setup is a three step preplay.

THEN... while you close your eyes and get into the visualization, your

coach will guide you through the steps while you imagine and feel each experience.

Inner Freedom Coaching Session #9 Notes				Date:
1. WARM-UP & SPEAK YOUR BIG DREAM 				Session: Embody the Dream
2. CELEBRATIONS / RESULTS 		3. Explore Experiences for Pivotal Moments		
		ACTIONS NOT HAPPENING 	RESULTS NOT HAPPENING	
4. PRACTICE PLAN: Embody the Dream				
5. PRACTICE <span style="float: right;">▲ Speak the vision ● Embody the vision</span>				
Relate - Create - Explore 		for INFLUENCE - INSPIRATION - VISIBILITY 		
Action 1		for RESULT 1		
▲ Do:	Feel:	Feel:	Do:	
● Thoughts:	Body:	Thoughts:	Body:	
Action 2		for RESULT 2		
▲ Do:	Feel:	Feel:	Do:	
● Thoughts:	Body:	Thoughts:	Body:	
Action 3		for RESULT 3		
▲ Do:	Feel:	Feel:	Do:	
● Thoughts:	Body:	Thoughts:	Body:	
Desires: 				
6. Growth Zone		What did you learn about yourself and your superpowers? 		
What did you learn about playing for your dream? 		What did you learn about yourself and your superpowers?		
7. PLAY PLAN: What social actions?				

After that, it is the Inner Freedom Method of sharing thoughts and exploring body energy etc.

IF your thoughts are positive your coach will go down the path of exploring the feeling of self-confidence.

If your thoughts are doubtful your coach will go down the normal path of exploring the feeling of self-preservation.

Either way will be AWESOME and create powerful energy alignment.

Sometimes it is just a little doubt that can derail your dream. Exploring it with your coach can clear the energetic path!!

Have fun with this.

Remember...

It's GO TIME!!

## *09-02) Transformation from Attempt to Control to Co-create with Life*

**From:** Attempt to Control

**TO:** Co-Create with life

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 Culture.



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.

This level of inner knowing requires quite a bit of personal growth.

That is why you have an Inner Freedom Coach!

## 09-03) Embody the Dream Technique

Now I want to explain this high-level technique that is part of the Inner Freedom Method called: Embody the Dream. (it was originally called: Intentional Co-Creation).

I try to avoid hyperbole because it is too easy to say that this or that will change your life. But in this case, I want you to know that doing this on a regular basis with your Coach can change your life. This is because it allows you to align your energy and your social actions and then PUSH your energy into the future... into the peak experiences you aim to co-create with people in the world around you.

It's juicy.

The idea is to preplay a sequence of social play moments that you aim to co-create; rather than just a single moment.

Another difference is that you play with the actions you aim to take AND also the impact you aim to have on another person with the action.

So first you write it out so that you are clear about the sequence. Then you and your Coach will pre-play the sequence in your imagination and body awareness.

While your coach walks you through the extended preplay, you stay aware of how you are feeling.

You may notice that you feel really excited about the whole sequence.

OR

You may notice that one or more of the actions or impacts gives you a feeling of fear or doubt.

Let your coach know which it is.

Then you and your coach will play through the rest of the method together; there will be a slight tweak in the process depending on if the overall energy was joy or fear.

If it is fear, then it will be the same as what you have done before. And your coach will help you explore the fear and body beliefs... eventually you will preplay that one element at the end.

If it is joy, then you will explore that feeling just like you would a feeling of fear. It's powerful to allow the feeling of joy to move through you.

I know, that was a little twisty. Let's play with a sample sequence.

I think the best way to prepare for this is to use pen and paper and write it out.

On a sheet of paper draw a line down the middle.

At the top of the left column write actions.

At the top of the right column write impacts.

For the actions think about the four Pivotal Moments of Social Play.

For the impacts think about what you want the other person to feel and/or do.



Here is an example: writing the article with the intention to impact people and then connect with people after they read it.

Social ACTIONS	Social IMPACTS
1) Imagine writing an article and enjoying the process of creating something that you want to share. You see yourself posting the article on LinkedIn	2) Imagine someone reading the article on LinkedIn. You see them really intrigued by it. Then they send you a Linked In Message.
3) Imagine you see the message from the reader. See yourself feeling good that someone read your article and enjoyed it. You see yourself responding with an offer to meet on zoom.	4) You see them getting your offer. Responding yes. And setting up an appointment to talk with you.
5) Then you imagine yourself in the conversation relating for influence by engaging with them.	6) You see them in the same conversation really enjoying it. Then you see them asking you about how to work with you.

You could imagine whatever outcome you want!! It's YOUR imagination.

You could imagine they want to share your article with their group; they want to hire you; promote what you are doing... etc.

For the first time doing this with your coach, 3 social actions and impacts is a good place to start.

The power of the Embody the Dream technique is that you can focus on the ultimate peak experience of your intentions. You can move your energy for influence out into the world of other people.

Believe it or not, this does pave the way – energetically- for these peak experiences to happen.

ALSO, it gives you an opportunity to notice your own internal experience all the way through the sequence. Remember, if at any point during the visualization, if you notice an energy of doubt in your mind or resistance in your body, share this with your coach.

One of the main reasons that our intentions don't become reality is because we have resistance to some aspect of the experience.

You might think... but this is what I want to happen, why would I resist it?

Never underestimate the quirky complexity of our Social Safety instincts and self-preservation beliefs!! You have some understanding of this by now.

Similarly, if you feel good all the way through the visualization, you can really amplify it by feeling the joy in your body as you will do in the Inner Freedom Method.

When your vision is really clear in your imagination AND FEELS really strong within your body, that means the energy is aligned and your peak experience is about to happen in the social world.

## **09-04) We Free Each Other... The Global Transformation Coaching Movement**

We have explored our relationship with the cultures that we are in all throughout this program.

By signing on with Transformation Coach using the Inner Freedom Method, you are participating in one of the most important movements happening in the world today!



Our shared dream is to uplift the human family one person at a time:

***Out of: Dehumanizing Authoritarian Control and Hierarchies  
Into RE-Humanizing Egalitarian Co-creation and Freedom***

***Out of: Command - Control – Compliance => Conquer & Colonize  
Into: Become – Believe – Belong => Be Free & Befriend***

***Out of: the Industrial Culture of Working in Isolation  
Into: the Coaching Culture of Playing Together***

All around the world Professional Human Connection Transformation 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 Culture of Control and into the Coaching Culture of Play by unleashing the Superpowers of Human Nature. (whew... that is a doozy of a sentence!)

Why do I say that the Industrial Culture of Control is dehumanizing?

Because we Humans HATE being controlled!

We hate it. It is completely unnatural to our human nature to be controlled. Humans are born to be free!

At the same time, we are also born to be connected and co-creative. We naturally care for each other and for the collective.

TRUE freedom is the awareness and ability to be fully oneself AND care for the collective at the same time.

Essentially, Transformation Coaching with the Inner Freedom Method is about TRUE 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 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.

Every person who “gets free” in this way then passes TRUE 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! TRUE 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.

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

**Free people, free people!**

## ***09-05) The Non-Conscious Mind (Energy Alignment Game)***

Your Non-Conscious Mind is Always Ready

Let's go deeper to understand what your Non-Conscious Mind is all about.

It is the accumulation of all of your life experiences; especially the emotional content!

That is VAST. It has amazing wisdom. It includes inner wisdom through body awareness, fears, desires and beliefs.

One way I like to explain it is this:

The TOP priority of your Non-Conscious mind is to keep you safe. That is a strong and sometimes confusing imperative because “safety” – in particular social safety – is not a black and white matter; there are a lot of grey areas.

The second priority is to pursue your dreams.

So unless you consciously, actively and intentionally focus on your dreams the default priority of safety will rule your life.

The Non-Conscious Mind is amazingly resourceful and creative! It has the memory of everything you have experienced which includes what you have done but also what you have observed! You have seen a lot.

Think of all the creative ways it has to get you to NOT do something.

But imagine if you were able to align that power and resourcefulness in the direction of your Dreams... WOW!

This is what the Inner Freedom Method is ALL about!!

## **The Non-Conscious is connected to everything!!!**

Let's do a quick walk through the Non-Conscious connection to all of the forms of energy in Energy Alignment.

Is it safe to express Super YOU?

Is it safe to play? Or do you need to be quiet and work?

Do you feel that playful SUPER YOU belongs in the environment? Or do you need to scale yourself back to feel safe.

Are you feeling the connection to life as it unfolds? Or does it seem like life is against you?

Your Dream is a version of your Heart's desires. Is it safe to believe in your dream?

## **Self-Preservation Confusion**

As I mentioned earlier, the TOP priority of your non-conscious mind is self-preservation. BUT self-preservation is often a confusing imperative. We have all experienced someone who stays in a situation that does not look super-safe emotionally, but they act to preserve it anyway. The “bad” situation seems safer than the unknown.

This is why the deep dive of Steps 5, 6 and 7 is so valuable. It gives you an opportunity to look at what your self-preservation instinct is trying to preserve. Then you can consciously



choose if preserving whatever it is, is actually beneficial for your Dream; or even for your life overall. Often it is not.

But we don't judge it! We just notice it. It is important not to judge your inner self... it is confusing in there sometimes. Just notice it. And when you feel safe with your coach, you can speak your truth about what you and your dream want to do now.

## Good vibrations!

Body Beliefs can be Positive!!

When your body feels safe and you move toward your dream that ALSO creates buzzing energy in your body. It's not easy to explain but it feels like joy.

It takes just as much practice to allow your body to feel joy as it does to allow your body to feel fear.

## YES! Feeling joy takes practice!!!

We will explore this a bit more in a moment.

Depending on how things go, you might experience this with your coach in your session this week; but if not this week, then in a future session.

## 09-06) Step #9 Preplay the Pivotal Moment

You have done this a bunch of times now. It is super powerful! In this step you use your imagination to preplay the pivotal moment; this time with your body feeling safe and your mind open to your dreams intentions that you articulated in a power phrase.

You allow yourself to feel the power phrase of your Heart while you imagine the pivotal moment – in a fast forward mode – turning out just the way your heart desires it. See yourself expressing yourself fully, using your superpowers and creating the impact you want in the lives of other people.



In the Infographic for the Inner Freedom Method you see that Step #9 is connected to Step #1 in what we call the Action Layer. This is where you see yourself in social action “in the world” of people.

The transformational shift we are going for is:

**From:** Attempts to Control

**To:** Co-Create with Life. (Dancing with Life!)

In step #1 usually you are in a place of frustration; either you are struggling to take the action OR you are not getting the results that you desire. This type of moment typically happens when we are trying to control something; or feeling that we SHOULD be able to control what is going to happen. But it is not happening, so we feel frustration (or fear, doubt etc.)

I know this sounds strange, but this is AWESOME! It means you are on the cusp of a personal growth opportunity. So together, with your coach, you embrace it.

By the time we get to Step #9 you are in a very different place! (Hah! That is an understatement)

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. When you can see it and feel it, the power grows and you become more confident. And you become more resilient when the moment happens. Even if it doesn't go exactly the way you imagined it, the ACT of pre-playing it with your energy aligned gives you the ability to go with the flow of the moment.

Pre-playing it doesn't mean it will, or has to, go exactly that way. It means that you are prepared and ready to play. I know that may sound strange, but it really works!

While it is very useful to practice visualizing these pivotal moments by yourself, the power is greatly amplified when you co-create with your coach first. Belonging and safe space sets the stage for your playfulness and power.

Bottom line: Do BOTH!!!

## ***09-07) Your Hearts Desire has Body Beliefs Too!!!***

We have been exploring the physical sensations and body beliefs of your fears. It is powerful to allow yourself to feel them and then give voice to your fears with the phrase: It is not safe for me to: {fill in the blank}

You have done this a bunch of times by now.

NOW it is time to play with feeling and giving voice to your hearts desires!

Your hearts desires are in your body so they also have physical sensations that we don't often pay attention to and they have a voice but we don't often give them a forum to "speak". But you will do this with your coach in Session #9.

You will see this on the coaching notes playsheet:

**I am now ready to: {fill in the blank}**

Just like giving voice to your fears, remember this is a co-created "I create as I speak" moment, you don't "THINK" of the answer, you allow your body to speak the words that just come out.

You might be amazed at what your Heart's Desires will say to you!!



## 09-08) Treasure Map of Problems – Stress and Self-Sabotage

### When your Ability to Dream is neglected... you experience **STRESS**

Your Human Nature Superpower, The Ability to Dream, has been controlled and neglected by the toxic Industrial Culture. This was traumatizing to your Human Nature. The purpose of this section is to spark awareness of what has happened around you and to you to light your path to post traumatic growth.

REMEMBER...

Judgment-Free Awareness

No shame. No Blame

We can break the chain.

Yes, I will share this with you at the start of all of these sections about control and neglect.

Here is a quick recap of our Ability to Dream from earlier in the program.

Remember the keywords from this Superpower:

Choose Your Desire – This is your heart’s desire of what matters to YOU.

Self-Worth – means to know that YOU are worthy of living your Dream.

Self-Love – You embrace every aspect of YOU.

Choose Your Desire – This is your heart’s desire of what matters to YOU.

With the Ability to Dream you exercise the power to choose your desire. YOU have this power.

The ability to Dream is about choosing the direction or focus of your life for a period of time based on your own combination of inner knowing and strategic logic.

The power to choose your Desire does not mean you will only do one thing. But it can mean that you find a way to connect everything you are doing to your Dream like a wildly creative mosaic. FUN!

Self-Worth – means to know that YOU are worthy of living your Dream.

Part of the Dream Human Nature Superpower is Self-Worth. This means that you KNOW that you are worthy of living this dream. AND that your Dream is worthy of support from the people around you.



I believe that there is real wisdom in our waking Dreams. If we have a Dream, something within us knows that we are ready – and worthy - to live it.

Self-Love – You embrace every aspect of YOU.

Finally, Self-Love is an essential Human Nature Superpower connected to your Dream. Self-Love means that you embrace every aspect of YOU; everything serves a purpose. This is super important because as you pursue your Dream you will be called upon to express parts of you that may have been dormant for a while; or possibly have never come out before. Embrace the mystery of YOU and enjoy all of it as YOU emerge.

## **To Dream and the Human Nature Origin Story**

The ability to dream is truly remarkable. We can envision a moment in the future and then take actions in the present to move toward or create that future moment.

WOW!

We dream of doing new activities; or doing an activity in a new or better way.

We dream of new experiences and situations where that are better, safer, more fulfilling.

We dream of making things including tools or art that will inspire others.

When you think about Human History from Hunter-Gatherers in a small group with a few tools to our incredibly complex web of cultures, tools and art, you see the collective sum of our Ability to Dream. We are truly incredible at dreaming!

And we also see the unintended consequences of the history of our Dreams. OK, there is some trouble there.

## **The Authoritarian (Industrial) Control Culture = Obey!**

In the Industrial Control Culture our Ability to Dream is neglected and controlled BIG TIME by being forced to obey.

Remember:

Dream – Be Free – Befriend – Become – Believe - Belong

*Obey – Control – Dominate – Command – Manipulate - Compliance*

Examples of how *OBEY!* happens in the Industrial Control Culture.

Again, this topic alone could fill another book!

This is a close cousin to the Be Free vs. Control dynamic we will explore in another chapter.

One thing to just be aware of is how normal it has become for one person or group to make others obey. I refer to school as “obedience training” for children for example. In school shame is used to force obedience. And it seems normal for adult parents to use physical and emotional violence to force children to obey. A lot of times this is not pretty.

And then it is normal for “the boss” to expect a worker to obey through financial manipulation.

As Humans we are certainly quite capable at obedience.

Remember that the Ability to Dream is about your direction in life while the Drive to Be Free is about choosing what you are going to do today. Obviously, they are closely connected.

So as a young person your ability to Dream must fit into the “box” of what your parents will allow and what your school will allow or provide.

As an adult, your ability to Dream, for the most part, must fit into the “box” of what is financially viable within the culture.

Here is the “trick” to our current situation. It is a bit of a good news / bad news situation.

The good news: The possibilities that we have today to Dream of a life for ourselves and find a way to make it valuable to others and thus financially viable are almost limitless. Yeah!

The bad news: Our ability to Dream has been soooo squashed within Industrial Control families, schools and jobs that we struggle to activate it.

### **THIS IS WHY WE HAVE TRANSFORMATION COACHING!!!!**

Together we can re-activate our ability to Dream and co-create amazing lives and a better world.

The best way to organize the actions of a group of people is with a shared Dream that everyone plays for and co-creates by freely contributing their unique abilities.

### **A quick note about “obeying the law”.**

The phrase should be: “honor the law”.

But because we are so normalized to hierarchical control we say: “obey the law”.

I am an idealist here. This is the way it is supposed to be if you live in a place with the “Rule Of Law”. The laws are made and kept up to date and fair by Legislatures who are chosen by the people because of their wisdom. (don’t laugh!) Then we all see ourselves as co-creators of the law and the society that functions well because we all choose to honor the law.

### **From the Treasure Map of Problems**

When our Ability to Dream is controlled or neglected by the culture, it often leads to these common problems:

#### **Common Name = Stress**

Stress is pervasive in our culture. And there are many causes of stress.

The one I want hone in on is when you are doing something that doesn’t feel right. It doesn’t feel aligned with your Dream or it doesn’t feel aligned with your values but you are doing it anyway because you “have to”.

Another stress related to our Dreams is when we begin to feel that our expectations for our dream will not be reached, and our efforts will not “pay off”. But the big issue here is where these expectations are coming from?

Like I said, there are many, many life situations that feel stressful. My sense is that when we are freely playing our Dream in a fun and purposeful way, there will be growth-oriented challenges, but not too much stress.

### **Dream Challenge = Need more Clarity**

Because of so many life situations where we are forced or coerced to obey someone in control rather than choosing our own Dream, over time we lose our ability to flow with our Dream. Before we can choose our direction in life we need something from the outside like more information or permission from an authority.

### **Industrial Mindset = I must sacrifice for others**

In the Industrial Culture there are often situations where we feel need to let go of or ignore or put aside our own dream to do something someone else needs or wants us to do. Often there are Industrial Mindset role expectations for what we SHOULD do that compel us to sacrifice our own Dream.

### **Scarcity Complaint = Not enough fulfillment**

When we have a feeling that we are not fulfilled, this almost always means that we are not choosing our own Dream. We feel something is missing from life.

### **FEAR = Not safe to fail**

Often in the Industrial Culture of obedience, there is a feeling that if we are brave (or foolish) enough to choose our own Dream, then it better work out. If playing the Dream doesn't meet some external expectations, then we were foolish to pursue our own Dream. We are made to feel that we should have obeyed the authorities.

### **Deep Trauma = Depression**

Depression is a word that has a clinical meaning and diagnosis so I intend to be careful here and say that I am not talking about clinical depression.

I am talking about the feeling of depression, long before it becomes “clinical”.

In my experience, almost always the feeling of depression comes from not playing your own Dream. There are so many Industrial Culture reasons that leave us feeling that we shouldn't or can't choose our own Dream in life.

### **What to do...**

The purpose of exploring the situations and experiences on the “Treasure Map of Problems” is look at them from a fresh perspective. Instead of trying to solve or fix the problem, or yourself, you look to boost the Human Nature Superpower in some way.

So, for example, if you are feeling unfulfilled, the way to approach it is to find a way to put more energy into choosing your Dream and playing your Dream each day. Even if it is just a few extra minutes each day, it can have a positive impact on how you feel about your day, your life and your SELF.

## **When your Ability to Believe is controlled... you experience Self-Sabotage**

Your Human Nature Superpower, The Ability to Believe, has been controlled and neglected by the toxic Industrial Culture. This was traumatizing to your Human Nature. The purpose of this section is to spark awareness of what has happened around you and to you to light your path to post traumatic growth.

First, a quick recap of the Ability to Believe Superpower

### **The Ability to BELieve:**

- Choose your beliefs
- Self-Confidence = I believe that I can do it
- Self-Preservation = I believe that I should stay safe



### **Choose your beliefs**

Exercising your ability to choose your beliefs is a big deal and a major aspect of Transformation Coaching.

Exercising your ability to influence the beliefs that you share with others is also a big deal and a major aspect of social play and Transformation Coaching.

### **Self-confidence**

Self-confidence is a belief: I believe that I can do it. (whatever IT is)

### **Self-preservation**

Self-preservation is a belief: I believe that it is not socially safe for me to do it. (whatever it is)

And remember that in Inner Freedom Coaching we are mostly focused on social safety not physical safety; though they are the same when the threat is physical violence by another human or physical jeopardy caused by the actions of another human.

Whew! It's a lot to consider.

## The Ability to Believe and the Human Nature Origin Story

What we have co-created as a Human Family without ability to Believe is truly mind-blowing! So many “things” that seem totally real are based on shared beliefs: time, money, companies and countries just to name a few.

But as we know, with great power comes great responsibility. And we may not be doing so well on that front. It takes wisdom to choose personal beliefs while also sharing beliefs with others. Often, we choose beliefs to help us maintain belonging within a group or to maintain a friendship with an individual.

Our beliefs get into us through a few gateways: experiences, observations, conversations and studying the written and recorded beliefs of others.

It takes some persistent practice to reclaim our ability to choose our conscious beliefs that we experience as thoughts.

And it takes even more persistent focus to notice and uplevel our non-conscious beliefs that we experience as feelings.

In a culture where we experience our freedom being respected and collective care being provided and everyone contributing for the good of the group; where we observe people valuing each other, we can come to believe that we are included, valued and cared for.

In a culture where we experience being tested, graded and ranked in value, where we see some people with a lot and many with so little, we come to believe that we have to compete against others for our worthiness in the group and manipulate others for our own survival.

## The Authoritarian (Industrial) Control Culture = Manipulate

In the Industrial Control Culture our Ability to Believe is neglected and controlled with beliefs aimed at manipulation.

Remember:

Dream – Be Free – Befriend – Become – Believe - Belong

*Obey – Control – Dominate – Command – Manipulate - Compliance*

Examples of how *Manipulation* happens in the Industrial Control Culture.

The big item here to discuss is how, in the Hierarchical Industrial Culture, we were told to believe the Authority; to trust the authority rather than trusting ourselves.

This is complicated because in our complex world we, as individuals, don't have the ability to figure everything out for ourselves. So, the question becomes, who do we believe? Or who do we trust. How do we blend the recommendations of authorities with our own experience and inner knowing to make choices?

Manipulation is when we are told what to believe; especially when the belief serves the other person's purposes more than our own. This is the norm in the Industrial Control Culture and the Industrialized Media. It is often quite difficult to understand what the purpose is behind what we are being told to believe by various authorities.

An obvious current example that impacted nearly everyone was the Covid Vaccine question. Some authorities told us to get the vaccine. Other authorities warned against

getting the vaccine. It was a very complicated and potentially life-threatening decision for all of us. If you are not an epidemiologist, a person who studies infectious disease, you needed to choose who to trust.

Another big example is money. Since money is a shared belief, the price of everything is a belief and the pay for every job is a belief.

Do I believe this is a fair price for this thing / service / experience that I want or need?

Do I believe this is fair compensation for this job or service / experience?

A lot of personal beliefs and situational calculations go into how each of us makes these choices.

Is the amount a fair exchange, or am I being manipulated?

The “bottom line” is that reclaiming your Human Nature Superpower to choose your beliefs is essential to playing your Dream and living an empowered life.

## From the Treasure Map of Problems

When our Ability to Believe is controlled or neglected by the culture, it often leads to these common problems:

### **Common Name = Self-Sabotage**

The idea of self-sabotage is very popular in self-help circles. The idea is that if you are stopped by fear when doing something for your Dream, you are sabotaging yourself.

**I believe it is the exact opposite of that.**

The purpose of fear in our Human Nature is Self-preservation, not self-sabotage! When we experience fear about doing something it is because we believe that it is not safe. Self-preservation is honorable.

On a personal note, my revulsion toward the concept of self-sabotage was the catalyst for this Treasure Map of Problems model!

At the same time, it is wise to explore the fear and the belief behind it. It is highly likely that the fear is non-conscious and stems from earlier experiences in life. With exploration, with the Pivotal Moment Technique with your coach, you can often reveal where the fear is coming from. Then you can choose to maintain the belief or upgrade it to something more empowering.

Another common notion from the realm of self-help and spiritual growth is that the opposite of love is fear. I don't think this is a helpful way to see it. I say that fear is a natural and essential part of our Human Nature. The opposite of love is neglect.

### **Dream Challenge = Need more inspiration**

As we have talked about many times, one of our awesome Human Connection skills is to create and co-create inspiring experiences. But, when we don't have a Dream that we can believe in, or we don't believe that we can do something, it is impossible to create inspiration.

## **Industrial Mindset = I must hide that I am not enough**

The belief that “I am not enough” is clear consequence of being tested, graded and ranked non-stop in Industrial School. It can also come from the “nuclear family” experience where we are isolated with one or more siblings and forced to constant comparisons and fights for approval or attention.

But even when we believe that we are not enough we feel compelled to try to hide this when we compete for a job or an opportunity. This dynamic creates quite an internal scramble, the opposite of inner harmony and clarity.

## **Scarcity Complaint = Not enough confidence**

The self-confidence belief is that I believe that I can do it, whatever IT is. When you find yourself in a situation where you need to do things that you don't believe you can do, we call this a lack of confidence.

## **FEAR = Not safe to be myself**

Often in Industrial families, Industrial schools and jobs we experience getting in trouble for being ourselves or expressing ourselves in some way. Over time, experiences like this lead to a belief that it is not safe to be myself or it is not safe to trust my choices or abilities.

For some, this fear can be subtle, and lead to holding back when we could be more assertive. For others, it can be quite debilitating and lead to a “play safe / stay in control” type of life. We can't play our Dreams and stay in control at the same time.

## **Deep Trauma = Disharmony & Chronic Pain**

When we don't believe we can do the things we desire to do, it results in a lot of life situations that don't feel in harmony.

Also, when our beliefs are manipulated, we can find ourselves around people who are not in harmony with our true selves.

Chronic pain can be devastating. I only put it here to bring awareness to the possibility that while the pain is physical, often the source of the pain is in the brain. It can get pretty swirly in there when our beliefs have been manipulated.

## **What to do...**

A big “consequence” of playing our Dreams with a coach is that our beliefs, both conscious and non-conscious, are revealed. This can be intense! You probably know this already.

The key is to KNOW that you have the Human Nature Superpower the Ability to Believe. Which means, with practice, you can choose new beliefs, beliefs that harmonize with your Dream, and your Dream Team!

Essentially, Inner Freedom, IS the ability to choose new beliefs and then live by those beliefs in the world.

## Session #10 – Upgrade Environments

*“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  
From “A Timeless Way of Building”*

## 10-01) Prepare for Session #10 Upgrade Your Environment

### Role Play + Inner Freedom ... ONE More time

[Listen to this audio to prepare for Session 10.](#)



#### A BIG ASK....Worthy of Go Time!

This is a really big shift for most people: to develop a dream team, to co-create with your team, to engage with your team with clarity and confidence.

It all starts with one conversation; it keeps growing with the next conversation and the next one. There are SOOO many conversations that you can practice with your coach as you play for your Dream.

For this next session... you just need to pick one!














But pick a good one; one that you know will bring up some social fears.

Then you and your coach will follow the same structure as you did in Session #8 where the Role Play takes the place of Steps #1 and #9.

You know the rest!

And here is another point... you are beginning to experience what this is all about. Believe me, you and your coach could do this together every week for years and it wouldn't get old. You could keep playing BIGGER and BIGGER for a long, long while; and the world would be better for it!

Remember it's Go Time!

Inner Freedom Coaching Session #10 Notes			Date: _____
1. WARM-UP & SPEAK YOUR BIG DREAM 			Session: Upgrade Environment
2. CELEBRATIONS / RESULTS 	3. Explore Experiences for Pivotal Moments ACTIONS NOT HAPPENING 		RESULTS NOT HAPPENING
4. PRACTICE PLAN: Pivotal Conversation		5. PRACTICE	
#1. PIVOTAL CONVERSATION (Role Play) 	#2. THOUGHTS with JFA 	#3. SCAN THE BODY FEEL THE ENERGY 	
MEMORY POPS 	#4. IT'S NOT SAFE FOR ME TO 	#5. SUPERPOWER POTENTIAL 	
#6. FIND THE PERFECTION 	#7. FLOW OF GRATITUDE 	#8. HEART'S INTENTION 	#9. PRE-PLAY THE MOMENT 
6. Growth Zone What did you learn about playing for your dream?		What did you learn about yourself and your superpowers?	
7. PLAY PLAN: What social actions?			

## 10-02) Transformation from Willpower to Worldpower

From: Willpower  
TO: World Power



The Industrial Control Culture is all about getting everything and everyone under control. AND neglecting our natural connection to everything. As a result, we are taught to use our willpower to overcome the environment. The BIG problem with this is that willpower is finite and small while the stuff you are trying to control is infinite and VERY BIG.

It's unwinnable game.

World Power is the better, more sustainable, way to approach almost everything.

The BIG point here is that we have a 2-way relationship with our environments. While we are always adapting to the environments we are in, we are also creating our environments by choosing where we go and who we spend time with.

Again, these adaptations are mostly non-conscious and so are most of our choices.

Now that you are playing your BIG Dream, you will need to proactively design and uplevel the **people, places, things and ideas** around you to align with your dream. This way you use the force of belonging to pull you toward your dream. This is an accelerated way to become the next version of you that your dream needs you to be.

- **People:** Everyone you know personally and within connected networks
- **Places:** Physical and virtual spaces
- **Things:** Tools, technology and finances
- **Ideas:** Knowledge and information

Often our environments contain a lot of “stuff” that we are emotionally attached to but no longer serves our Dream.

So we need to call upon your emerging Inner Freedom to make changes in your environments and increase your World Power.

### ***10-03) Inner Freedom is a Growth Accelerator! (and a magnet)***

Let's take a moment for the BIG picture.

First, we have now explored all 9 steps of the Inner Freedom Method. AND you have experienced a bunch of Inner Freedom coaching sessions. FUN!!

Over the final three chapters I will share with you some bonus ideas about the Inner Freedom experience.

So one thing you may have noticed is that when you start playing bigger in the world, you attract more growth opportunities in the form of challenges! (Hah. That is an understatement.)



The idea is to embrace this acceleration, knowing that this is how dreams happen. This is also how Hero / Human Journey stories happen; they speed up as you move forward. An aspect of this is to let go of the Industrial Culture idea that you should be able to get good at your job and then it is just easy every day because everything is under control. This is NOT the way you want to live; but you do need to pro-actively let go of the expectation that it will get easier.

It won't get easier! What happens is that as you really step into your dream and start to experience your dream fulfilling... you will start to imagine a new BIGGER Dream.

### ***10-04) The PULL between Social Reward and Social Risk***

Social risk is really intense. I can tell you that for me, even though I have been playing for my dream with Inner Freedom for 15+ years, I still feel queasy in my stomach when I am about to take an action with social risk. STILL!!!

There is still this self-preservation feeling that I am about to get in trouble and I should stop this right now. STILL!

The key is to recognize this feeling and honor it's noble purpose: trying to keep you safe; by whatever complex notion of "safety" your non-conscious mind has developed.

Then remember to WONDER! Wonder what the growth opportunity is. Wonder what aspect of your YOUUnique power or playfulness is waiting to be discovered.

The sense of wonder is a powerful balancing partner with your social safety instinct. Thomas Leonard, who I have mentioned a few times, referred to this as "Navigate Via Curiosity". It was one of his touchstones to an impactful life.

### **FREEDOM = to Dream, to Play, to become your BIG Self.**

Another thing to accentuate here is that we are playing for FREEDOM; some really impactful freedoms that we don't think about often but are really core to living an impactful life. Often we think about creative freedom, emotional freedom, lifestyle freedom and financial freedom. I LOVE all of these. These are the freedoms that many people hire a coach to play for.

Meanwhile, there are a few deeper freedoms that open the way for these:

- Freedom to Dream
- Freedom to Play and express your playfulness
- Freedom to believe what you choose to believe.
- Freedom to BE your BIG Self; to express your YOUUnique Superpowers.

You have probably experienced feeling at least a little more free in these three areas; you probably also notice that these three freedoms resemble the model for where Transformation Coaching begins from the Introduction.

Remember...

- A dream to Believe in
- Promote Playfulness
- A place of Belonging for your Superpowers

All three of these were suppressed in the Industrial Control Culture. So, it takes some pro-active focus to bring them back to life.

YOU are doing it!! With your coach by your side.

Please remember to pass freedom along to the folks you know... and the folks you will meet as you pursue your dream... and your next dream... and your next dream.

Free people, free people.

## *10-05) The Superpowers of Human Nature*

To Dream -Become-Belong-Believe + Be Free and Befriend!

We have been playing a LOT with the Superpowers of Human Nature that you need to understand in order to play BIG for your Dream: Become – Belong – Believe.

- To Dream
- Urge to Become
- Need to Belong
- Ability to Believe
- Drive to Be Free
- Love to Befriend

I believe there are many Human Superpowers that we all have access to; as well as the BIG LIST of more YOUnique qualities that each of us have to contribute to the Human Family.

Here are a few more thoughts about these Human Nature Superpowers

Wisdom is when you understand the dynamic tension between Be Free and Befriend that is essential to our Human experience. I believe that our ability to co-create lives in this tension.

Be aware of how our Human Nature is severely controlled and neglected by the Industrial Control Culture! Industrial School in particular is specifically designed to crush our Drive to be Free; or as they described it in the early days: “Break the will of the child”. (Ugh! That makes my skin crawl). Then, the constant testing, grading and ranking, along with the “If you help your neighbor you are a cheater” mantra, painfully neglect our Love to Befriend.



As I have said before, our collective mission as Transformation Coaches is to unleash our Human Nature Superpowers so that we can co-create the beautiful world that is possible for all of us.

For now, let’s get a deeper understanding of Become – Believe – Belong.

The primary dynamic that we experience BEFORE we have a Transformation Coach is what we have called “The Pull”. This is when your Urge to Become pulls you toward your Dream and the Superpower Zone while your Need to Belong pulls you toward (Self) Preservation, social safety and the status quo.

Remember that our beliefs are ALWAYS evolving to navigate between the Urge to Become and the Need to Belong. AND since social safety is the top priority of our Non-Conscious mind, most of our Beliefs are aligned with Belonging and so they pull us toward the Preservation Zone as well.

So the Urge to Become is in there, it tries to get a thought into your mind from time to time, BUT it is pretty much outnumbered by your Status Quo Body Beliefs and the Need to Belong

BUT... there is another AMAZING ... way to Play Life!

We call it World Power!

This is the name for another awesome 12-week coaching engagement that we have at CoachVille; it is something that you might want to ask your coach about.



Here is the basic idea...

Create a safe environment for you to practice and develop into Super YOU; we call this your own personal Olympic Training Center! One aspect of this is your Dream Team which we will talk about in a moment.

Create a place of belonging for Super YOU; an environment that WANTS you to be ALL of you; an environment that needs your Superpowers.

You do this by pro-actively upgrading your environments to align with your Dream. I will get to this in a moment as well.

When you put yourself in this new environment, the Need to Belong AND the Urge to Become both pull you toward the Superpower Zone and Your BIG Dream.

And then... you start to develop new beliefs; Beliefs that aim for you to BELONG with the powerful people in your new environment.

This is when life really gets awesome!

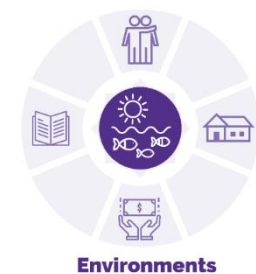
The key is that it takes a healthy dose of Inner Freedom to have the courage to co-create an Environment like this.

Let's explore this idea for a moment... then we will prepare for an Inner Freedom Coaching session where you will take "one small step" in this direction.

## 10-06) Environments (Energy Alignment Game)

While your environments are a tangible thing, they have a major impact on your energy. This is because your non-conscious mind is in constant communication with your environment taking cues and clues about your safety, belonging and status. This is how the energy of your environment gets into you so deeply without any active participation on your part.

When we are young we don't have much choice about our environments and a lot of energy gets into us. This isn't good or bad... it just is. But mostly the energy aims to have you become a person who can "fit in" with what is already all around you. Because of the Industrial Culture, most likely, this will not be a good fit for the dream you have today.



If you are fortunate, there have been times in your life when belonging and becoming have joined forces in your life. So you may have an experience of how awesome this feels. An example would be in High School when you joined a sports

team or a singing group and you had friends that inspired you. On this team and with your friends there was constant support and challenge to become the best version of you.

Another example would be if you were lucky enough to be on a business team with a group of people who had a shared dream. And who inspired each other to grow to become an important contributor to the dream; a team where everyone respected each other's' value and pulled for each other to become great; a team where everyone pulled together for the shared dream. Every once in a while, a business team will jell together like this; especially when they have a Coach Approach Leader.

Going back to this idea of your environments...

The BIG point here is that we have a 2-way relationship with our environments. While we are always adapting to the environments we are in, we are also co-creating our environments by choosing where we go and who we spend time with.

Again, these adaptations are mostly non-conscious and so are most of our choices.

Now that you are playing for this BIG Dream, you will need to proactively design and uplevel the **people, places, things and ideas** around you to align with your dream. This way you use the force of belonging to pull you toward your dream. This is an accelerated way to become the next version of you that your dream needs you to be.

- **People:** Everyone you know and your networks
- **Places:** Physical and virtual spaces
- **Things:** Tools, technology and finances
- **Ideas:** Knowledge and information

First of all, your Inner Freedom Coach and emerging Dream Team are your new environment. AWESOME!!! With your team you can share about your ideas for experiments and explorations and learn from the experiences of your team members!

Next as you endeavor to align your environments with your dream you will need to have a lot of BIG conversations with people in your environment; both people close to you AND people in your network who you don't know yet but want to collaborate with. You can role play these conversations with your coach and then explore the fears with the Inner Freedom Method. This will make a huge difference.

Upleveling our close relationships can be one of the hardest things in the world to do; even with folks who are supportive of your dream. While the people who care for you want you to pursue your dream, they are human and will also have strong preservation energy that wants to keep you safe; and most of the time they just want you to stay the way you are now. Practicing with your Coach and then your dream team will help you approach these conversations with clarity and confidence.

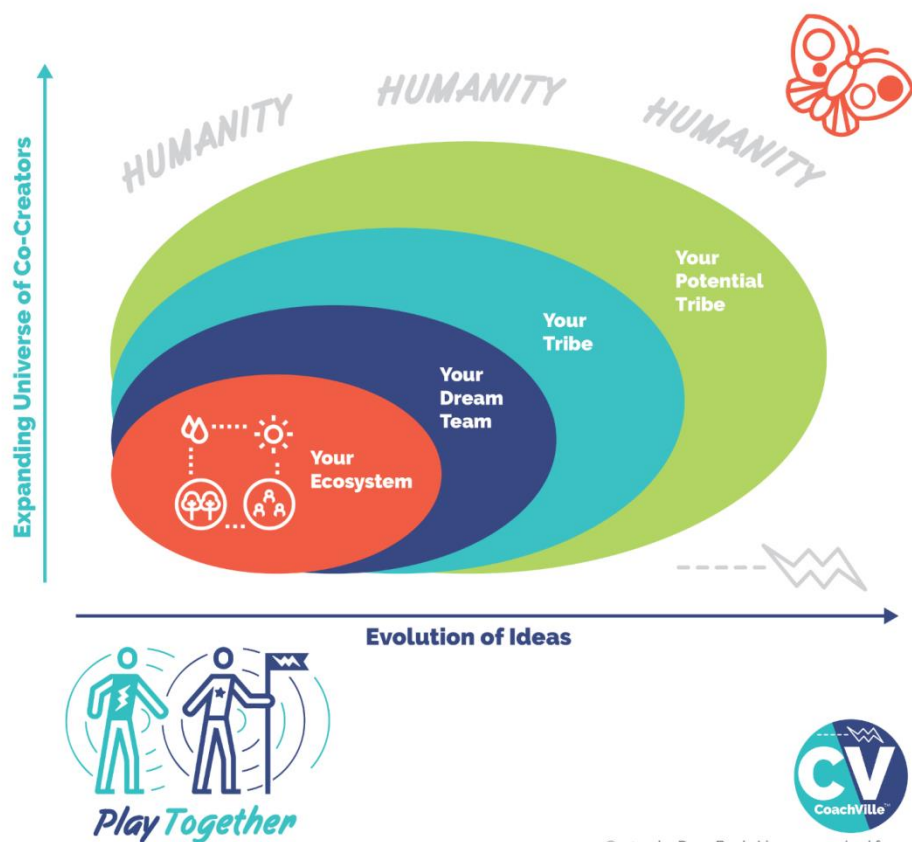
Another big part of playing BIG for your dream is this: you are surrounded by resources that can make your dream come true! But you will have to ASK! And if you are like most people who grew up in the Industrial Culture you absorbed the belief that it is not safe to ask for what you want. This is one of the hardest beliefs to uplevel. But with practice and your Inner Freedom Coach you will soon be able to do it. Then... look out world!

Remember this key point: To get to the next level of any endeavor will require a new environment. In the pursuit of your BIG Dream there will likely be several next level / "need a new environment" experiences.

In the World Power Coaching program we do a deep dive into every aspect of your environments and endeavor to uplevel them into alignment with your dream. Then it feels like the world around you is REALLY on your Dream Team.

## 10-07) Co-Create With Your Dream Team!

### Play Life Co-Creation Universe



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## Your BIG Dream Adventure

The essence of your BIG Dream adventure is to contribute your YOUUnique Superpowers to create value in the world for others. FUN!

### Your Ecosystem:

You start by seeing yourself and your dream as part of an ecosystem rather than an isolated entity. Look for the holistic picture. You are a part of something bigger and your contribution is essential to your thriving ecosystem of colleagues, partners, advocates and customers. You want everyone and everything in your ecosystem to thrive.

### Your Dream Team:

This is your trusted inner circle and includes your Coach!

### **Your Tribe:**

These are the folks that you aim to serve / contribute to / participate with as part of your BIG Dream. Anything that happens or doesn't happen when you engage with your tribe is essential feedback to evaluate.

### **Your Potential Tribe:**

As you grow in capability and confidence in whatever you are doing there is an expanded circle of people and possibilities that you can explore.

### **Humanity:**

While you aim to create value with and for your tribe, it is good to hold the intention that your contribution is for the betterment of Humanity and The Earth!

### **The BIG Idea**

The point of this view of the world is to realize that you and your dream are an essential part of a bigger picture; you are a part of something!

### **A few points to pull all of this together...**

The key to living your Dream is to co-create with your Dream Team!

You are here to create VALUE for the folks in your world.

ASK for what you need. You deserve it... your Dream deserves it.

WHOA! But that is the challenge.

Most of us have a significant set of beliefs that it is not safe to ask for what we need!

This is where the Inner Freedom Method comes in.

As I mentioned earlier, it takes a fair amount of Inner Freedom to BELIEVE that:

- You are worthy of your Dream
- Your Dream is worthy of a TEAM
- Your TEAM will support you if you ASK

(I have mentioned this before, but it is worth repeating) Here is a BIG truth for most of us with BIG Dreams: It only takes one or two highly influential people to embrace your dream and promote you for your life to change forever.

BUT... You have to ASK!!

## ***10-08) Treasure Map of Problems – Procrastination and Loneliness***

**When our Drive to Be FREE is controlled, we experience Procrastination**

Your Human Nature Superpower, The Drive to BE Free, has been controlled and neglected by the toxic Industrial Culture. This was traumatizing to your Human Nature. The purpose of this section is to spark awareness of what has happened around you and to you to light your path to post traumatic growth.

REMEMBER...

Judgment-Free Awareness

No shame. No Blame

We can “break the chain”.

This means that by playing for post traumatic growth by playing your dream, you can transcend the problems and avoid passing them on to the people around you.

We are the culture, and we are unknowingly causing the problems of neglect and control and experiencing the problems of neglect and control until we pro-actively STOP doing that by playing our Dream, reclaiming our Human Nature Superpowers and using our Human Connection Super Skills!

Got it?

Let’s dig in.

First, let’s remember what the Drive to BE Free is all about...

Human Nature Superpower: The Drive to BE Free

Choose Your Adventure Everyday

While the Superpower “To Dream” is about your choice of focus for a period of your life, the ability to “Choose Your Adventure” is about what you are going to do today.

As a free human, every day is a new adventure that YOU can choose.

**Drive to BE free**  
Self-determination  
Self-trust



## **Self-Determination**

Self-Determination is when you choose what you are doing right now.

## **Self-Trust**

Self-Trust is when you choose how to respond to what is happening around you.

It is also about allowing yourself to be in adventurous situations where you are not in control – you don’t know what will happen – and you trust yourself to be resourceful, creative and spontaneous and enjoy the experience.

## **From the Human Nature Origin Story**

Within our Human Nature we are born to BE Free.

Our Hunter-Gatherer ancestors were “Fiercely Egalitarian”. This means that we fully expect to live life based on our own choices AND we fully respect the right of all others to make their own choices as well. This also means that our natural Human Way is to avoid doing something that would overrule the freedom of another Human.

But in our Hierarchical Control / Authoritarian Control Culture, our Drive to BE Free is put under control.

## Authoritarian Control Culture

*Dream - Be FREE* – Befriend – Become – Believe – Belong

*Obey - Control* – Dominate = Command – Manipulate - Compliance

***Control* = I/we tell you what you can and cannot do.**

## Examples of how *Controlling* happens in the Industrial Control Culture

- If a young child is crawling or toddling around a room on their own adventure of curiosity and a bigger person yells: “NO”, and picks them up and puts them in a cage / pen. The child has been physically controlled. The slippery slope to self-doubt has begun.
- If a child is sent to Compulsory Education where they are not allowed to choose their own adventure with the other children and is instead shamed to “sit down, shut up and obey the teacher”, this child has been emotionally controlled. The slip into self-doubt continues.
- If an adult is compelled to go to work doing a job that is physically dangerous, emotionally abusive or where they are paid far less than they are worth for the desperate need of money for survival, this person has been financially controlled. The slip into self-doubt is complete.
- If the leaders of a company use financial superiority to “takeover” another company, this is controlling.

When your Drive to BE Free is Controlled it leads to **self-doubt**.

## What is self-doubt (AKA NO self-trust)

- In moments of social interaction – you feel overwhelmed. At a loss; lack of power. So, you avoid taking action.
- In life path choices – you are not sure. Anxiety. I don’t know.

- *Self-doubt is a fundamental purpose of the Authoritarian Control Culture. It wants you to doubt your Self, so that you will obey authority.*

Self-Doubt manifests itself as Procrastination... and all of these common experiences.

### **From the Treasure Map of Problems**

When our Drive to BE FREE is controlled or neglected by the culture, it often leads to these common problems.

My intention with this section is to open up new awareness of the cultural cause of these problems that are typically attributed to us as individuals.

With this awareness you may be able to find a pathway to post traumatic growth and empowerment.

### **Common Name = Procrastination**

Procrastination is when we delay doing something that we will inevitably do.

Most of the time when we are delaying doing something it is because we are obligated to do it; in other words, our freedom is being neglected.

The other common reason is related to the FEAR that what we are about to do will be disappointing to someone.

I often say that procrastination is a polite name for fear.

### **Dream Challenge = Need More Certainty (before I can act)**

When we experience self-doubt, we often wait for certainty before we will act. We don't trust ourselves to just do it and embrace whatever happens. We need to KNOW how it will turn out before we will take the action.

### **Industrial Mindset = I must do what others expect me to do**

In the Industrial Culture, often our days are organized in a way that is obligated to someone else; or a job situation. We don't have the freedom to choose our own adventure for the day.

### **Scarcity Complaint = Not enough time**

When we are not free to choose our own adventure, there is never enough time. Of course, there is no such thing as "time". All we have is the day we are living now. But when we are obligated to do something other than our dream, it feels like we don't have enough time. What that means is we don't have enough time to play our own dreams.

Another way this plays out is when you experience self-doubt, everything takes much longer to do. So, it feels like we don't have enough time. What this really means is that we

can't act at a super slow, careful, "don't make any mistakes" pace and still meet someone else's expectations.

### **FEAR = Not safe to disappoint**

In the Industrial Control Culture we are taught that we can't trust ourselves, that we should obey authority instead. This plays out in SOO many ways that now seem "normal". As an employee with a job we learn to do what the boss tells you to do. If you use your self-determination to do something else you will disappoint the boss. BAD.

But think about all the marketing we receive for anything we want to do in life: you need to find the authority and trust what THEY tell you to do. And if you want to do anything in life as a business, you must BECOME an authority.

All of this authoritarian bosses and marketing manipulates us because we have absorbed the FEAR that it is not safe to disappoint.

### **Deep Trauma = Self-Doubt**

Let's go just a bit deeper into the purpose of self-doubt for the Industrial Control Culture.

First of all, it is highly likely that you experience self-doubt quite often. Almost all of us do. The reason for this is the Toxic Industrial Control Culture we live in. Always remember, when a lot of people share a "problem", it's the culture, not the individuals.

The purpose of the Industrial Control Culture is for you to doubt yourself so that you will obey authority, as I mentioned before.

But it goes deeper than that.

When you doubt yourself, you are more likely to work for less than you are worth. This creates profit for the Industrial Capitalists who are in control of the economy.

When you doubt yourself, you are an easier target for marketing messages that convince you to buy things (or entertainment) for more than they are worth to feel better about yourself. This also creates profit for the Industrial Capitalists who are in control of the economy.

They get you both ways.

Getting your freedom back takes awareness and determination.

It starts with playing for your Dream and owning your worth.

Then investing in activities and things that support your Dream; rather than "status" things and entertainment that feel good for a minute but then distract you and keep you in self-doubt.

### **Egalitarian Freedom vs. "Screw You" Freedom (Free-Dumb)**

Egalitarian Freedom means:

- Responsibility for your freedom

- Respect for the freedom of ALL others
- Respect for “the commons” (shared resources)

However, once our freedom has been controlled, “all bets are off” as to how we will react. A controlled Human will often become a controlling Human.

As small Humans in the Industrial Culture often our freedom is controlled in the name of safety. Somehow, we have managed to fill our homes and neighborhood environments with an abundance of life-threatening dangers. While it might seem “logical” to adults to restrict the freedom of the small Humans, it is VERY confusing to us when we are small; this begins the Industrial Culture experience of Self-Doubt.

As we get a little bigger the restrictions continue, often in the name of “It’s for your own good”. Again, it seems “logical” to the already under control adults, but it is confusing to the Human Nature Drive to BE Free of the young Human.

“Screw You” freedom is a rebellion against being controlled This is understandable in many situations. But it often creates harm either to other people or “the commons”. An exaggerated example would be: “Screw You! I am a free person. And if I want to dump the chemical waste from my paper factory into the river, you can’t stop me”.

The ability to expand our own freedom while at the same time being aware of our impact on other people and our shared environment requires wisdom.

In a culture of free people – a coaching culture – we all come upon this wisdom quite naturally by observing other people. However, in an Industrial Control Culture where the people around us are in various stages of suppression and rebellion, developing this wisdom requires great personal effort.

Developing this wisdom is a major component of what Transformation Coach is all about.

## **When our Love to Befriend is neglected, we experience Loneliness**

Your Human Nature Superpower, The Love to Befriend, has been controlled and neglected by the toxic Industrial Culture. This was traumatizing to your Human Nature. The purpose of this section is to spark awareness of what has happened around you and to you to light your path to post traumatic growth.

**First, let’s remember what the Love to Befriend is all about...**

## Human Nature Superpower: The LOVE to Befriend.

Let's start with the power of LOVE! Too big and too amazing to describe in a few sentences. Let's just say that we are awesome at LOVE! The main idea here is to see this as a Superpower that you can use for your Dream.

**Love to BEfriend**  
Care (give & receive)  
Co-create



### Choose Your Companions

You can choose your companions for: a day, a project, a trip, a business, a team, a period of time, a purpose and romance. We can join groups with a shared purpose and become a companion with selected members of the group.

Often it is the magic of our companions that will determine how we remember our experiences.

### Co-Create

Cocreating with another person, or a small group, is one of the most energizing activities in life. This can be doing an activity together which is a cocreated experience. Or, actually co-creating a thing. WOW! We made that together.

### Collective Care

Caring is another incredible Human Nature Superpower. We are awesome at caring for others. Collective Care is the way we are meant to live together. We are not meant to “be on our own, or “fend for ourselves”... or even “be solely responsible for ourselves and our families”.

### From the Human Nature Origin Story

Our Hunter-Gatherer ancestors lived in a way that maximized our Love to Befriend Superpower.

We lived in groups who were our lifelong companions.

We experienced a culture of care from Day 1. From Day 1 until the age of 4 or so we were carried by or looked after by various members of the group. This created an embodied knowing of care and connection.

From the Age of 4 or so, every day was practice in playful co-creating. We were expected to observe others, play and adventure with our chosen companions. We developed super strong capabilities for Social Play and Human Connection which served us for a lifetime of daily adventure in the wild natural world.

But in our Hierarchical Control Culture our Love to Befriend is deeply neglected... and put under control.

## Industrial Control Culture = Arrogant Neglect

I refer to the Industrial Control Culture approach to Human Nature as arrogant neglect. Somehow, we have come to the conclusion that with capitalism and science we can neglect Human Nature and get away with it. Somehow, we are above the needs of our Human Nature.

Nope.

With just a little look beneath the surface, the negative impact of this neglect is everywhere, and it is not pretty.

Just a few examples of how Neglect happens in the Industrial Control Culture:

We start with the isolation of mothers and babies in a house alone. This is an unnatural and impossible situation for the mother and denies the baby of the nonstop “babe in arms” experience that their Human Nature expects. The time in isolation in a little cage sets the stage for social isolation.

The 2-4 year olds in economic elite households have the opportunity of daycare with other little children. But even this misses the mark of the natural care of 7-12 year olds looking after them and caring for them. The experience of being cared for in this way is missing and leaves a long-lasting mark: we find it difficult to accept care. Children of the non-economic elite face ongoing isolation.

Then, off to compulsory education where it goes from bad to worse. Rather than the years of co-created social play with children of all ages, they are isolated in obedience training and peer competition with children of their own age. The child’s instincts are to assume that they are free to play, but as they engage in play they are shamed and punished.

Doing worksheets and cognitive tests in isolation with the constant mantra to “do your own work”, are devastating to our Human Nature Needs for companionship, co-creation and care. BLAGH! Somehow, we have the scientific idea that the ability to complete a math worksheet in isolation is more valuable for our lives than the ability to co-create an inspiring experience with other people.

Then we get neuroscientific dictums like: studies show that the brain has a negativity bias. BLAGH! No, it doesn’t. The Brain is awesome. But for sure a brain in a human subjected to Industrial Culture Neglect and compulsory education will have a negativity bias 100% of the time. The Brain does not have a negativity bias, but the Industrial Control Culture does.

Geographic mobility for a family, definitely has both pros and cons. There is a “pro” of the Human Nature to migrate to a better environment. But the way we do it as an isolated family moving away from a group where we have established relationships is especially difficult for children. It can leave a mark of relationships being transient and not worth developing.

One last example is the way corporations treat employees as replaceable parts rather than people with human connections within a group. This is a two-way street for sure, but the neglect of Human Nature in hierarchical corporate cultures is quite profound.

These are just a few examples. As you look around and compare what our Human Nature needs with what our Industrial Culture provides, you will see a hundred more.

Industrial Control Culture = Dominate

Dream - Be FREE – *Befriend* – Become – Believe – Belong

Obey - Control – *Dominate* = Command – Manipulate - Compliance

Dominate = You have been controlled. Our culture is better than your culture. You do things our way now. And we are going to extract value from you to enrich ourselves.

Dominating still happens in the world through military violence.

But more common now is dominating through financial violence: the “corporate takeover” Example: Elon Musk taking over (conquering and dominating) Twitter and then dominating with a culture of his design.

Dominating a culture generally takes away from a group of people their freedom to co-create their own culture.

### **From the Treasure Map of Problems**

When our Love to BEFRIEND is controlled and / or neglected by the culture, it often leads to these common problems.

Again, my intention with this section is to open up new awareness of the cultural cause of these problems that are typically attributed to us as individuals.

With this awareness you may be able to find a pathway to post traumatic growth and empowerment.

### **Common Name = Loneliness**

You can just look at how our culture treats our little humans to understand why we have an epidemic of loneliness. We didn’t get the non-stop daily body experience of being carried and cared for. Then we were denied the daily practice of co-creating with our chosen companions. Then many of us have engaged in the normalized transactional relating of corporate life.

### **Dream Challenge = Need more influence**

Because of our lack of playful co-creation in our younger years, we never developed a natural fluidity with social play. Relating for Influence feels risky and hard and transactional. Our Dreams need us to connect and co-create with ease.

### **Industrial Mindset = I must do it myself**

In school we sit silently listening to the teacher lecture us, completing worksheets or completing cognitive tests. Through all of these experiences we develop the belief that the proper way to do something is by myself.

This belief is amplified by the myriad “do it yourself” guide books and projects.

This then leads to the corporate mentality of project management where you are assigned your tasks.

And... it is revealed even more plainly in how dreadful the experience is when we gather for a meeting given how we learned to engage via competition for the attention of whoever is in control in the hierarchy.

### **Scarcity Complaint = Not enough support**

In most endeavors in life – and especially for our Dreams – we feel that we don't have enough support. This is partially due to our reluctance to ask for support and our difficulty in receiving it. Our experiences of neglect give us a feeling (a body belief) that we are not worthy of support.

### **FEAR = Not safe to be rejected**

Because of our Industrial Culture neglect, we have a deep feeling that we are not cared for. So then when we awkwardly engage in social play to relate for influence, we go into it with the belief that we are not cared for. This energy fills our invitations, offers and requests with an energy of neediness.

In truth, we have a mountain of unfulfilled needs so this neediness vibe should not surprise us.

### **Deep Trauma = Isolation / Addiction**

So many are suffering from isolation. This is a powerful example of a deeply personal problem with a cultural cause.

It is widely understood that most cases of addiction are caused by deep experiences of isolation; whatever the addiction is, the main cause is the need to numb the pain of isolation.

### **An epidemic of loneliness in a world full of people**

It is likely that you have suffered isolation and loneliness. It is also likely that you have read an article or five about the epidemic of loneliness and all of the “problems” that spawn from it.

Meanwhile, we all live in an amazing world FULL of people.

How do we have people sitting alone in a small apartment or house suffering loneliness while another suffering person is sitting alone in the next apartment over. The solution is 30 feet away but it may as well be 3,000 miles away.

Every week there is an article somewhere about how hard it is to make new friends as an adult. This is an interesting observation because it amplifies how our Human Nature has been neglected.

There are two sides of this.

- 1) Our core Human Nature that is based on living our entire lives with a group or people.
- 2) Our core Human Nature that expects to freely play with the members of our group when we are young which establishes these lifelong bonds of shared experiences of daily adventures.

One good thing about our social connection tech is that we can maintain friendships even when we move geographically. But that mostly only helps with folks that we have developed close bonds with from many in-person shared experiences.

I think the main thing we all must do is PRACTICE playful befriending. The most obvious ways to do this are participating in shared interests or shared geography... AKA our neighbors. To do this we will need to push through the “this feels weird” feeling over and over again. And we will need to let go of the need for the relationship to serve a transactional purpose. Be friends for the sake of having friends.

Know that the Love to Befriend is in you and it is STRONG. There is so much joy available in companionship, caring and co-creating.

Wherever your Dream takes you, make a point to add Befriending to your play plan.

## **Session #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  
From “A Timeless Way of Building”*

# 11-01) Prepare for Session #11

[Listen to this audio to prepare for Session 11.](#)

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. ;-)

It's go time!

So, identify of the biggest social opportunity in front of you and PLAY!

Practicing with your coach will pave the way for you to make bold moves out in the social world.

Make plays out in the world that will make your Inner Freedom Experience a memorable one.

Let's Play!



Inner Freedom Coaching Session #11 Notes			Date:
<b>1. WARM-UP &amp; SPEAK YOUR BIG DREAM</b> <i>Session: The New Super YOU!</i>			
<b>2. CELEBRATIONS / RESULTS</b> 	<b>3. Explore Experiences for Pivotal Moments</b> ACTIONS NOT HAPPENING      RESULTS NOT HAPPENING 		
<b>4. PRACTICE PLAN: Pivotal Moment</b>		<b>5. PRACTICE</b>	
<b>#1. PRE-PLAY THE MOMENT</b>  <b>MEMORY POPS</b>	<b>#2. THOUGHTS with JFA</b> 	<b>#3. SCAN THE BODY FEEL THE ENERGY</b> 	
 <b>#6. FIND THE PERFECTION</b>	 <b>#4. IT'S NOT SAFE FOR ME TO</b>	 <b>#5. SUPERPOWER POTENTIAL</b>	
 <b>#6. FIND THE PERFECTION</b>	 <b>#7. FLOW OF GRATITUDE</b>	 <b>#8. HEART'S INTENTION</b>	 <b>#9. PRE-PLAY THE MOMENT</b>
<b>6. Growth Zone</b> What did you learn about playing for your dream?			What did you learn about yourself and your superpowers?
<b>7. PLAY PLAN: What social actions?</b>			

# 11-02) Transformation FROM Controlled YOU to Connected YOU

**From:** Controlled you

**TO:** Cocreative YOU!

We all live in a culture that is obsessed with control. So we have absorbed a LOT of controls. The possibilities we think of are boxed in. But even more important, our non-conscious minds – which is how we make almost all of our choices – are boxed in even more.

SO... to break free, you have to intentionally allow yourself to Dream Bigger. You have to imagine activities outside of your Under control self-preservation zone.

This is what practicing with your coach using the Inner Freedom Method facilitates.

Co-create in practice... then co-create with the people around you.

This is how you step-by-step BECOME the co-creative version of YOU!

Also

**From:** Industrial you

**TO:** Connected YOU!



Similarly, the Industrial You sits alone completing tasks... worried about doing everything the right way and avoiding mistakes.

Connected you as playing in the world – the playground – where mistakes and messes are part of the fun. And the FEELING of connection is energizing you and everyone to new peak experiences.

### ***11-03) Becoming Precedes Results***

I have been a Coach for a LONG time. ;-) Most everyone who hired me had some specific things they wanted to accomplish. With a little honing these became the essence of a BIG Dream. While we often think about it in terms of accomplishments, I like to focus on the experiences we want to have. New peak experiences are what it's all about.

At the same time though, there is another focus that rides along on the adventure. This is a focus on WHO we want to become; a vision we have of ourselves as more capable or even more formidable. This is what we refer to as Super YOU!

Often, we need to become the next version of ourselves through inner development before we start having the peak experiences and results that we desire in the world around us.

**Inner development – leads to – Bolder Expression – leads to – Peak Experiences.**

The reason I share this with you is to encourage patience with yourself! Sometimes it takes a while for the Inner Development to build enough strength for the new Peak Experiences to happen.

And as you bring bolder expression into the world around you, there will probably be some messes before the peak experiences start to happen.

Just know that this is and EXPECTED part of the process.

**“Beginners Luck” is a real thing!**

Another thing that often happens is the experience of “Beginners Luck”. This is when you do a little Inner Development, attempt a bold expression in the world, and something awesome happens on the first try! So you think: “oh, I got it already!”

But then, that first success is followed by many messes in a row. This can happen. Don't panic. Go back to embracing the process of becoming the next version of you and the peak experiences will happen in due time.

## 11-04) Industrialization... why it's so hard to become Super YOU

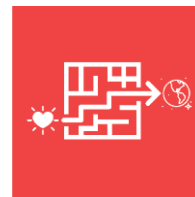
Here is another – much shorter – version of my perspective on the urgency to uplevel our Human Culture from Industrial Control to Egalitarian Co-Creation. Just a little refresher from what I shared in Chapter 5.

The questions you may continue to wonder...

Why is it so hard to become the next version of me?

Why is it so hard to express my value to impact others?

Why is it so hard to own my value in the world?



The answer to all of these questions:

### Industrialization.

Only the past 140 years out of 70,000 years of Human experience. So, it's a very new thing and there are some BIG problems with the current version.

A) The nature of Industrialization is the get Humans to work at a job that is defined by the organization. And you pay the worker a LOT less than the value they create. The gap is called PROFIT.

B) The second thing is you need to get people to consume what you are making AND to pay more than the cost. The gap is called PROFIT.

Meanwhile we are humans who are creative, playful, powerful and free and who naturally love and respect the uniqueness of others AND who need belonging AND HATE being controlled.

So how do you create a human culture where most of the humans submit to being controlled, who will work at something that is not fulfilling, getting paid FAR less than the value they create; AND are willing to exchange their energy for money that they then use to buy things that cost more than they are actually worth.

THAT is a heck of a system right there.

We were ALL sucked into it. And it is not joyful. It is not freeing.

You have to make the Humans feel that they are not good enough. Make them doubt their value, their playfulness, their inner knowing, make them afraid. Make them feel they have no choice but to work under these unfair conditions. Convince them that they can feel better about themselves by buying stuff that is worth less than it costs.

How do we make our fellow humans feel this way about themselves?

School – Jobs – stressed out families

1) School – unnatural for children.

EVERYONE KNOWS children do not learn by sitting still and listening to adults talk.

But we organize everything that way anyway.

EVERYONE KNOWS that testing children is dehumanizing. That it serves no value to learning.

But we organize everything that way anyway.

Why do we do these things?

Because the original stated intention of public schooling was two things:

- A) To break the “will of the child” and
- B) To teach them necessary skills for public life like reading, writing and arithmetic.

Later a 3<sup>rd</sup> intention was added:

- C) To make them good patriots who will serve their country in war.

The “will of the child” is our Human Nature: self-determination, playfulness, creativity, curiosity, egalitarian spirit and much more. Egalitarian spirit means that we don’t think anyone should control us AND we don’t think we should control anyone else. This is an essential quality of Human Nature.

Earlier in the book I said it another way: “We all HATE to be controlled”. Meanwhile the purpose of the school system is to get us – AKA our Human Nature - under control.

When you understand this, it should come as no surprise that we feel the way we do.

2) By the time Humans graduate high school, MOST of us are convinced that they are not too smart. “You better just get a job and do what you are told; follow orders and stay out of trouble”.

The few that do think they are smart enough... “you better go to college”.

After college most then feel they better get a job to pay off all the student debt.

If that doesn’t work, then the system convinces us that we need a big house and a mortgage and a car and lots of stuff.. and... “don’t worry we have an easy credit application process.”

As a result, the system gets almost everyone into financial debt. “You better pay it or you are in trouble. You better get a job and do as you are told so you can pay your bills”

3) Coming back around to families, most have 1 or 2 parents that are stifled, stressed about money, undervalued and overworked. As a kid you can feel this stress and the social fear gets into you.

## **Why am I sharing my perspective on all of this with you?**

A) I just want you to understand why you feel the way you feel about yourself and your power. My aim is for you to reclaim your natural Human Superpowers. YOU are not strange. You are an awesome human in a really strange culture. There are over 7 billion YOUUnique ways to be smart. YOU are very smart.

B) So that you feel empowered to use your influence to gain freedom for yourself... and for others. In a business, career or job, play for getting paid what you are worth. It is probably more than you are getting paid now.

C) If / when you are in a position to hire people, make sure THEY have an opportunity to express their power and feel valued and are paid what they are worth.

D) When you do have money, use a local bank. Support local artisans and businesses. Avoid buying industrial crap whenever possible. And whatever you do... avoid buying anything from Jeff Bezos. (OK. I just had to put that in there.) Whenever possible, use your influence to support small business not Billionaires.

E) These are ways that YOU can play with us to co-create a MUCH BETTER world.  
FREE PEOPLE, FREE PEOPLE.

## 11-05) The Energy Alignment Path to Super YOU!

When we look at the Energy Alignment Game model, we have been describing it as aligning everything with the BIG Dream; sort of striving our way up to the upper right corner.

But another way to look at it is to see everything as flowing down to the bottom left corner where Super YOU resides.

As we near the end of this 12-Session adventure, I want to share with you a few more thoughts about the Energy Alignment Game – this time from the perspective of becoming Super YOU.

### Your Dream

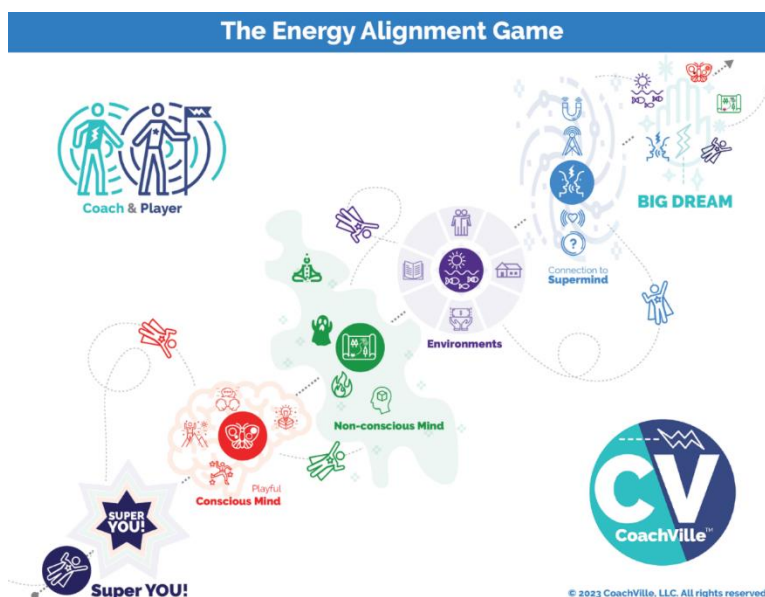
The purpose of your Dream is to call you out into the world of the unknown... because THIS is the only way to become the next version of YOU.

And the Urge to BECOME is a major force within each of us.

Your Dream will keep evolving. Love and learn from the situations it attracts to your life experience!

Every time you uplevel your dream or change your dream completely, you start a new Energy Alignment Game; and the need to become yet another version of YOU.

Trust your heart! It knows what you should do to maximize your joyful life experiences and contribution to life.



## The Supermind Connection

Stay open and connected to the bigger “Field” of energy!

The “Field” is what makes Intentional Co-Creation” possible.

Ask curious questions and wait for the insights to come to you.

Since profound belonging activates and amplifies the Supermind Connection often insights will flow in to you and your coach while you are speaking. These insights often arrive as “quirky” inklings that you can’t logically explain. It is OK! When it comes to living our dreams, logic is overrated!!

Speaking your dream out loud with your coach – AND with your Dream Team – amplifies your connection to the Supermind. Do this often!

Feel and express gratitude for the experiences that come to you through your dream... especially the challenges.

When your coach asks you: “Who is this challenge asking you to become?” allow the answer to come through you; rather than trying to “think” of the answer.

The purpose of all of this is to get the FEELING that you – AND your Dream – AND who you are becoming - are in the flow of life.

There is a feeling that “life” seems to want your dream to happen as much as you do and it “sends” just the right experiences, challenges and opportunities to you; so you can BECOME the person who can steward this dream into reality.

It’s not actually relevant if this perspective on life is “true” or not. My sense of this after 20+ years of living and coaching this way is that really, we don’t know for sure. BUT we do know that the feeling is magical and makes life a lot more playful and fun.

Do the Intentional Co-Creation exercise often! Whatever you want to create, take the time to focus your intention, notice your thoughts, feel it through your body, get your desires really energetically tuned in to what you want to do and envision it. It’s powerful.

## Your Environments

You are co-creator of life with the people, places, things and ideas that are all around you.

You are adapting to what is around you – all the time – in an effort to feel belonging.

You can ALSO choose what is around you in a proactive effort to co-create a place of belonging for the NEXT version of you.

You can choose upgrades to your environment to align with your dream and who you aim to become. This is the idea we call “World Power”.

Remember that your Non-Conscious Mind is in CONSTANT communication with your environment; gauging your safety and status. You can add to that the lookout of opportunities to move your Dream forward.



## Non-Conscious Mind

Your body is “talking” to you all the time. Practice listening. With your coach you have been practicing giving voice to your body beliefs. Honor them. Notice that they are pulling you toward self-preservation.

Your body beliefs and fears bubble up into your conscious mind as thoughts; steeped in self-preservation. Often we think of these thoughts as “negative”. I recommend you stop judging them and just notice them with judgment-free awareness.

Oh... I have this thought.

Oh... fear is my friend trying to keep me safe.

Oh... that is probably coming from a self-preservation belief.

Oh... I wonder what it wants me to preserve?

Oh... I wonder what playfulness or YOUnique power is hiding in there?

Oh... My beliefs are fluid. I wonder what belief will serve me best now?

While feeling energy in the safe space co-created with your coach, you will have memories of earlier moments pop up. These memories offer clues about your playfulness and YOUnique power. This is what we call the “Treasure Map”.

Your desires are “talking” to you all the time as well! They bubble up into your imagination and your dreams for who you want to become and the experiences you want to co-create. Notice them and honor them as well. Notice they are pushing you out into the world; out into the unknown where new experiences happen.

Feeling energy in your body is a practice you can do any time; you can improve and expand your capacity to feel over time.

AND... feeling energy and feeling SAFE requires the presence of another person; belonging is the essential ingredient of social safety.

SO... DO BOTH. Practice feeling energy on your own. Practice feeling energy with your coach.

Embrace that your self-preservation instincts and your dream are very often pulling YOU in different directions. It’s OK! You are capable of looking at your options – the risk and the reward – and choosing which is best for YOU now.

Exploring these choices with your coach is easier than exploring them when you are alone.

## Playful Conscious Mind

Relate – Create – Explore – Experiment!

You play to become the next version of you.

When you FEEL SAFE, your conscious mind wants to play all the time.

Play includes awareness of risk and reward.

Your playfulness is social.

## Super YOU



*“A Superpower = A unique ability that you can practice until it is capable of making a BIG IMPACT”*

You have YOUUnique abilities, perspectives, qualities – there many unique aspects of you that you can contribute to the world.

The Challenges of your dream will call for your Superpowers.

Now you know how to follow the treasure map of your Non-conscious mind to find your superpowers.

As you become aware of your powers and how you lost access to them, BE patient with re-learning how to use them.

### **Superpowers leave clues on the Treasure Map**

You have many unique abilities!

Keep in mind that you lost access to your power:

- by getting “in trouble”; your belonging or social status was threatened.
- by having your power fail you; often when you were trying to help someone.
- by witnessing trouble; often someone that you cared about.

The Industrial Culture created a trifecta of soul-crushing experiences...

- Stressed out families
- Dehumanizing School
- Dehumanizing Jobs

Sounds harsh I know, but at some point we need to call it what it is.

Knowing what you are up against can help you.

And remember, all of these experiences left clues!

With persistence, the courage to play for your dreams, and a great coach by your side... you will reclaim your Human Nature and become Super YOU!

Then... pass it on. (and refer your coach ;-)))

### **Trust yourself to be wise with your power**

As you gain power, be wise about how and when you use it. Sometimes it is better to stay safe and keep your powers under wraps. Sometimes it is better to express your power fully. The whole point of Inner Freedom is the freedom to choose when to use your playfulness and YOUUnique power; And when you choose to use it, use it fully to impact the situation you are in.

It is very important to honor your YOUUnique powers and give them a place and a voice in your life. If you don't, often they will over compensate.



A great example comes from one of my players. She was complaining about being a worrier and ruminating. I said: “that is one of your superpowers!” She was quite surprised by this. I said: “the ability to project your energy into the future and foresee potential danger or trouble is an awesome power; every human tribe needs someone who can do that. If you make space in your week to do this intentionally and honor its wisdom, then it won’t feel the need to overcompensate and keep you up at night.” This was a life-changer for her.

You can use this example to gain a deeper understanding of almost every aspect of your YOUUnique powers.

VERY often the qualities or quirks we have that seem bothersome are actually superpowers that are overcompensating in some way.

It is a HUGE opportunity within the human family to stop labeling our traits as abnormal or problems. The notion that there is some benchmark of normal that we can be compared to is a wholly nonsensical Industrial Culture concept. There is no normal for humans; we are wildly diverse and the sooner we all approach our YOUUniqueness with mutual respect and honor the sooner we will have a more joyful egalitarian world!

## *11-06) The fear of unintended consequences*

I remember hearing about this idea called the fear of success and thinking that it was pretty crazy. Why would anyone be afraid of success?

Well, most people wouldn’t.

However, there is something to be aware of: the fear of unintended consequences!

This is a real thing.

As you play for your dream and become the next version of you, there may be people, places, things and ideas that have been in your life but don’t want to come along for the ride.

It is the fear of losing the feeling of belonging with these people, groups and situations that can stop you in your tracks. This is amplified version of the Self-Preservation instinct that we have been exploring all throughout the program.

Often when you imagine playing for a new dream, you don’t realize what these unintended consequences will be; but they come to light along the way.

I have coached many people who gave up their dreams rather than let go of a person, group or situation. And you know what... it’s OK. The freedom to choose is an important aspect of life.

But at the same time I have also known people who just assumed that the person would never go along for the ride... and never actually talked with them to invite them to come along.



So if you ever run into this situation yourself, have the courage to ASK! And have the courage to use your growing influence!

If it ever comes down to a choice, trust your heart to know what to do!

## **11-07) Treasure Map of Problems – The EGO and The “Beast”**

**When our Urge to Become is controlled we experience EGO problems (too big or too small)**

Your Human Nature Superpower, The Urge to Become, has been controlled and neglected by the toxic Industrial Culture. This was traumatizing to your Human Nature. The purpose of this section is to spark awareness of what has happened around you and to you to light your path to post traumatic growth.

REMEMBER...

Judgment-Free Awareness

No shame. No Blame

We can break the chain.

Yes, I will share this with you at the start of all of these sections about control and neglect.

First let's reacquaint ourselves with the Urge to Become:

### **The Urge to BEcome**

- Choose your playful practice; anything you want to “get good at doing”
- Self-expression = I can do it in my unique way
- Spirit of play = Curious, Creative, Resourceful, Resilient



**Urge to BEcome**  
Self-expression  
Spirit of play

### **Choosing your practice**

We love doing activities that we can practice and get good at doing. When an activity gets your attention you can spend hours, months, years, even a lifetime playing with it to get better and better. We practice for the personal joy of getting better, and also because with the aim to expand our value to others.

### **Self-Expression**

Self-expression is what we yearn for in our ability to contribute to others in a meaningful way. We yearn to be valued for the activities that feel like self-expression for us.

Self-Expression is vital to our experience of joy!

## Spirit of Play

When we are at play, we are more: curious, creative, caring, co-creative, resourceful, resilient, joyful, engaged and FUN!

Play is how we become the next version of ourselves. And the next version and the version after that. As long as we keep playing, we keep becoming!

### Becoming in the Human Nature Origin Story

Within our Human Nature we are born with the natural ability to play to BECOME the best version of ourselves.

Humans were encouraged by each other to practice what they are drawn to, to maximize their contribution to the group. In an egalitarian culture, every person's unique contribution is encouraged and valued.

Humans played together constantly so they learned to find a balance between individuality and co-creation.

Friendly competition of commonly needed skills is a healthy way for people to improve what they are capable of doing. But the ultimate purpose is contribution to the group. There was no point in competing to "crush" someone else; this would diminish their value to the group.

This was easy because there was a shared dream to thrive together peacefully and joyfully.

Contrast this with our Industrial Control Culture where we are taught to thrive at someone else's expense because everything essential is scarce.

Healthy EGO balanced with Strong Collective Awareness!!

We will get to the problem of EGO bashing and the "no Ego" myth in a moment.

A healthy EGO is essential to maximize your contribution to the group! You need to know who you are and what you are capable of doing. AND... within a healthy egalitarian culture, each person also recognizes and encourages the value of every other person. In a culture like this Humans are awesome at lifting each other up for a shared Dream.

### Authoritarian (Industrial) Control Culture

In the Industrial Control Culture of the 5 CO's our Urge to Become is thwarted by receiving commands from authority.

Remember:

Dream – Be Free – Befriend – *Become* – Believe - Belong

Obey – Control – Dominate – *Command* – Manipulate - Compliance

Examples of how *Commands* happen in the Industrial Control Culture.

The experiences of receiving – and obeying – commands are so common that it seems normal. From our lives in families, at school and then in workplaces.

Remember that Becoming is about playful practice and self-expression.

While playing under adult supervision children are issued commands to stop doing this or that all the time. This thwarts the child's self-expression.

Also, parents, who mean well, offer commands as instructions on how to do something. This generally thwarts the child's practice because verbal commands don't help much with physical activities. When children of various ages play together there are very few commands, yet the younger ones learn fast by observing what the bigger children are doing.

In compulsory education... forget about choosing practice, self-expression and the spirit of play. They are thwarted and often punished every step of the way.

Children are forced to practice what the adults in charge command them to practice. And the practice is not for growth, it is for approval.

Children are constantly tested and ranked against their peers in cognitive abilities, athletics and arts. This constant testing and ranking causes most people to feel that they are not good enough compared to others. We will get to this in a moment.

For most people it also thwarts our natural desire to see the unique value in others.

Always remember that no matter what good may come from compulsory education, the purpose is to learn how to obey commands of authority. And for the vast majority of children who are now "digital natives", the experience is more and more irrelevant and demeaning.

The key to Becoming is to understand that children will always want to do what they see the adults doing. This is how Human Nature is designed. Since they see the adults competing, they will want to compete with each other. All that is needed for this to be growth-oriented is for the adults to stay out of it! Let the children make up their own competitions, their own rules, their own prizes or NOT.

Adults organizing testing, grading, competing and ranking of children should never happen. At the age of around 14 Humans have enough wisdom to choose the activities they want to practice and to choose the competitions they want to enter.

Work in the Industrial Culture is emotionally confusing. Many jobs require pure obedience to commands by following instructions. While others seem to require the ability to operate within a quasi-autonomy: you have to figure out what to do and the boss will reprimand you when you do it wrong. BLAGH!

### **Frustration and the "Not good enough" feeling**

Woah. This is a big one. As a life coach for 25 years, I can tell you that almost EVERYONE has been infected by this virus of the Industrial Control Culture. This can manifest itself in many ways that we will explore briefly in a moment.

But again, this is simply the obvious outcome of being tested and ranked against our peers in cognitive and other abilities before we are emotionally ready.

Also, being supervised and commanded – AKA told what to do – thwarts our natural development so we always feel we are less than we desire to be. It diminishes our natural love of practice because we don't get to choose what and how.

Also being denied the experience of abundant free play, we don't develop our natural ability to learn by observing those who are close to us in ability.

## **From the Treasure Map of Problems**

When our Urge to Become is controlled or neglected by the culture, it often leads to these common problems.

Remember, my intention with this section is to open up new awareness of the cultural cause of these problems that are typically attributed to us as individuals.

With this awareness you may be able to find a pathway to post traumatic growth and empowerment.

### **Common Name = The EGO ~ (too big or too small)**

The EGO is a popular villain in both self-help and team building programs. But EGO is not the problem! We all need our EGO to thrive in the world as unique individuals who own our value to the group.

The problem is that our unique value has been diminished or thwarted by the Industrial Control Culture. In schools and Industrial companies only a small band of abilities are admired and rewarded. The individuals who may have amazing talents but not the ones rewarded by schools, are made to feel less than the others.

There are two basic outcomes of these traumatic experiences:

- A) Low Self-Esteem – unable to fully contribute their true value
- B) Narcissism – self-absorbed and unable to care about others

### **Dream Challenge = Need more Creativity**

Because our unique value is ignored or punished, we adapt by conforming to what the culture seems to reward. Then we feel that we are not “creative”. But this is because our self-expression has gone dormant.

### **Industrial Mindset = I must be perfect**

When our self-expressions are not appreciated, it is easy to come to the conclusion that we need to be more perfect in what we are doing. This perfection trap easy spreads to many areas of our lives beyond expressing our unique abilities.

### **Scarcity Complaint = Not enough self-expression**

When our self-expression is thwarted or not appreciated we stop doing whatever it is and do things that others are doing to fit in. Often these activities do not play to our strengths, so we always feel “less than” the others.

This creates a void inside of us. In the Industrial Culture we learn to fill voids by buying things. But no thing on the outside will fill the void of not feeling rewarded for expressing what is on the inside.

### **FEAR = Not safe to make mistakes**

When our playfulness is punished, we come to believe that it is not safe to make mistakes. This is the deeper version perfection trap. When we fear making mistakes we will only do that we already have a “good enough” level of skill or ability. This makes it impossible to try new activities or to grow into new areas of self-expression.

This fear also makes it very difficult to play our Dreams which naturally need us to go into the unknown in some way.

### **Deep Trauma = (Chronic) Frustration / Apathy**

When you are doubting yourself most of the time and not free to express your self-determination to play for the peak experiences that you desire, the actions that you do take don't turn out well. Folks in this situation – A LOT OF PEOPLE – feel frustrated by life, even apathetic about life. “Why bother? Nothing goes my way”.

Without Peak Experiences giving us fuel, we don't have the energy to keep playing and growing to increase our value.

### **When our Need to Belong is neglected we experience “The Beast” (The mean spirited voice in your head)**

Your Human Nature Superpower, The Need to Belong, has been controlled and neglected by the toxic Industrial Culture. This was traumatizing to your Human Nature. The purpose of this section is to spark awareness of what has happened around you and to you to light your path to post traumatic growth.

First, let's recall the basics of the Need to Belong:

The Need to Belong relies on our Love to Befriend superpower.

#### **The Need to BELong**

- Choose your environments (and create culture)
- Social-Value = your contributions to others are appreciated
- Social Safety Instinct = avoid disrupting your status in the group



**Need to BELong**  
Social-value  
Social safety instinct

The Need to Belong is another part of our awesome Human Nature that is so deep and automatic that at first it is hard to think of it as a Superpower that we can use intentionally.

So much of our body and brain is dedicated to belonging and our status and safety within the group of people that we are with at any moment.

We are ALWAYS adapting to the people around us to create or maintain belonging, even if we are not aware that we are doing it.

#### **Choose your environments (and create culture)**

Our environments include: people, places, things and ideas. All of these things together have a unique energy that either supports or resists our ability to play our Dream.

Here is the BIG, BIG, BIG idea: since you are going to adapt to people when you spend time with them, it is wise to spend time with people who have energy, attitudes, and abilities that you want to develop.

In addition to adapting to our environment (especially the people) we also have the amazing ability to create culture and to provide belonging for others. We call this: profound belonging. We can proactively make other people feel that they belong! SO AWESOME.

It is this Superpower that gives us the belief that we, at CoachVille, can upgrade the Human Culture away from Authoritarian Control and toward Egalitarian Co-creation, one player at a time! You are the next ripple of good, moving out into the world.

## **Social Value**

One of the most profound forces within our being is the deep desire to be of value to the people around us. And ultimately, we yearn to be valued for our unique self-expression and contribution. We yearn to be seen and known and appreciated. This is where the Need to Belong is closely linked with the Urge to Become.

## **Social Safety Instinct**

Am I safe within this group?

Am I included within this group?

In other words, do I BELONG here?

Sometimes we are aware of it and sometimes it is running in the background of our inner being. But either way we are always asking and updating our answers to these questions.

## **Belonging in the Human Nature Origin Story**

Within our Human Nature we are born with the super strong ability and desire to BELONG within a group. We have 1,000,000 years of practice doing this in our DNA.

For most of our Human Story our survival depended on maintaining belonging within the group we were born into. Humans stayed with the same social group for their entire lives. So, it was essential to provide and maintain belonging together.

We seek and create belonging because it FEELS so good to our Human Nature.

We see each other's value because it feels good to see the value in others. We also crave being valued because then we know we belong.

Authoritarian (Industrial) Control Culture

In the Industrial Control Culture our Need to Belong (for who we are) is neglected and twisted by being forced into compliance.

Remember:

Dream – Be Free – Befriend – Become – Believe - *Belong*

Obey – Control – Dominate – Command – Manipulate - *Compliance*

Examples of how *Compliance* happens in the Industrial Control Culture.

This topic could be a whole book by itself! But I will just hit a few highlights, so you get the big picture.

Also, for this section, it is very important to remember the distinction between normal and natural. There are so many ways in the Industrial Culture, and the Monarchy Culture before that, that are “normal”, but they are not natural to our Human Nature. And this is how most of our problems start.

The Nuclear Family isolated in a house

For a child to be isolated in a house with one or two parents and 0 to a few siblings is normal. But it is NOT natural. The natural way is for the child to feel belonging within a large group of people including children of various ages. Within an isolated family unit, the child is forced to obey and comply with the parents in order to maintain belonging.

The Industrial School Classroom (AKA Obedience training for Humans)

The child is with other children. This is natural and would be awesome if they were allowed to play and co-create belonging together without constant adult supervision. But this is not what happens.

They are under the command of the “teacher”. They must comply with the commands of the teacher and seek the approval of the teacher in order to maintain belonging.

They are constantly tested and ranked AGAINST their peers. They are pitted against their peers in every subject and every endeavor within the school environment. They also have to compete for places on athletic teams and artistic groups.

This environment deeply neglects our need to belong and our ability to create belonging. As children we maladapt to this torture by forming “cliques” and “in and out” groups. For children today this maladaptation plays out on social media platforms in ways that are quite horrifying.

Depression and anxiety among young people is at an all-time high, and it is easy to understand why.

Industrial Jobs

Belonging in the Industrial Culture of business and jobs is REALLY complicated.

My intention here is to highlight a few trouble spots and a bright spot or two.

Remember our Hunter-Gatherer Human Nature comes from a culture of collective care; everyone participates, and everyone eats.

Our Industrial Control culture is almost the exact opposite; every individual is on their own to find a way to create economic value for a business in exchange for money which buys food and shelter and everything else.

If you are fortunate to have natural abilities that are easy to refine into skills that have economic value, you can live well. One bright spot of the Industrial Culture as we move into the Connected Age is the vast mosaic of ways to create economic value.

However, if you don't have natural abilities with a path to culturally desired value, it will be a constant struggle for survival.

The Industrial Culture is designed so that we spend a huge percentage of our time every day working in a job. For most people, our colleagues at work are the people we spend the most time with so naturally this is where we seek and create belonging.

This is where it gets complicated to our Human Nature. On the one hand our Human Nature expects that when we have belonging, we can stay there for life. But this is not the way of the Industrial Culture:

- We have mobility.
- But our situations are transactional, which is not REAL Belonging

One bright spot of this highly individualized culture is that if you do have valued skills, you do have some freedom to move, to find economic opportunity.

But for many humans this is not the case and so they have limited options.

On the transactional side of things:

- You can be laid off for no fault of your own.
- Your company can go bankrupt or be taken over and your job eliminated.
- You can lose your job for many reasons.

We strive to be of value to the group because this is what we love to do. Sometimes the sense of belonging in a work situation can feel good. But ultimately, it is an Industrial Transaction, and we are cogs in the wheel. You maintain belonging by being an obedient, compliant worker like you were trained to be in Industrial School.

While you are getting your Need to Belong satisfied on the job, they can ship you out at any time. Even if you logically tell yourself: “it’s just a job, I can get another one”, to your Human Nature, you were just shunned by the tribe and left for dead. It is traumatizing.

### **Groups of shared purpose, activity, or belief**

Another bright spot of the Industrial Culture is that we are able to live multi-dimensional lives. We can participate in groups of shared purpose, activity or belief both in-person and online and find and create belonging there.

For example we you are in a job that is transactional and does not provide an experience of belonging or feeling valued, you can also participate in a shared purpose group where you do experience belonging and feel valued.

### **Social safety instinct. Maintain status quo.**

A LOG of our Need to Belong Superpower energy goes into our Social Safety Instinct. At a non-conscious level, we work hard to maintain our status quo within a group where we feel belonging. This is something about our Human Nature that is valuable to understand.

One way this can cause inner conflict is when our Urge to Become is guiding us toward new abilities or new perspectives that are NOT valued by a group we are in. Then we face a difficult choice to either hold back our growth to maintain the status quo, OR moved forward with our growth and risk losing our place within a group.

The good news is that with our mobile, multi-dimensional lives we can make moves like this. But we need to acknowledge that it will come with some inner turmoil and feeling of loss.

These are times when having a great coach makes a HUGE positive difference.

## **From the Treasure Map of Problems**

When our Need to Belong is controlled or neglected by the culture, it often leads to these common problems.

Remember, my intention with this section is to open up new awareness of the cultural cause of these problems that are attributed to us as individuals.

With this awareness you may be able to find a pathway to post traumatic growth and empowerment.

**Common Name = The Beast**

This is one that really gets me. There are so many personal growth programs and luminaries that refer to our inner voice as a beast, bully or gremlin. It is in there telling you: “you will never amount to anything”, trying to stop us from doing the things we want to do, or calling us bad names or demeaning us.

There is no “BEAST” in your mind! BUT, there is the voice of your neglected Need to Belong. Our experiences of feeling that we don’t fit in, or don’t have value are reflected in this voice.

**IMPORTANT:** This voice is not personal to you. It’s vocabulary comes from your unique life experiences, so it can seem personal, but it comes from living in a culture that neglects and controls your Need to Belong.

You have lived in a culture that did not cultivate and embrace your unique value to the group the way it was supposed to. And this manifests in words like: “you will never amount to anything” or “you are not good enough” or “you are too much ‘this’ or not enough ‘that’.

## **Dream Challenge = Need more visibility**

I high percentage of people struggle with gaining visibility for their Dream, business, career, friendships.

It is usually called: “I need to get out there”. But it’s hard.

Visibility is all about being seen and known by other people or within a group of people.

This is usually caused by a lifetime of experiences trying to “fit in” by suppressing part of your YOUnique qualities, abilities or perspectives. We develop a knack for hiding.

Your Dream needs to you to both find and create belonging for your WHOLE / AWESOME self.

## **Industrial Mindset = I must suppress myself to fit in**

This is related to the visibility challenge. I think this one is mostly caused in Industrial School but it also then runs into families and businesses as well.

The Industrial School system only values a small fraction of Human Capabilities. And often punishes many natural capabilities as well. So we “learn” to suppress parts of ourselves to fit in at school, in jobs and within families.

With families often the situation is that parents or older siblings have had their uniqueness squashed or punished and then they “pass it on”; often with the disclaimer: “It’s for your own good”.

Your Dream needs you to find a person / group where you can slowly reveal and then practice all aspects of you!

### **Scarcity Complaint = Not enough \$\$ / security**

Security comes from collective care within the group. Collective care is almost non-existent in most Industrial Cultures where the “every person is responsible for themselves and their family” is the rule. In some countries a Collective Care mentality and “safety net” is in place and it is AMAZING.

Money is the way we assess and exchange value within the Industrial Culture. Perhaps more importantly, it is the way we organize food, shelter and care.

So, the experience of not enough money is the experience of not being valued within the group. This is an intense Human Experience because our natural way is for everyone to be valued and cared for; remember that in our Hunter Gatherer genes we know that everyone is cared for, everyone contributes and most importantly ... everyone EATS!

Also, the Industrial Economy is rigged to create economic scarcity so that people will stay desperate and willing to work for far less than they are worth for the profit gain of the capitalists.

### **FEAR = Not safe to be judged**

Often with learning to suppress parts of yourself to fit in, comes the fear of being judged if you do express your whole self. Also, being tested and ranked against our peers constantly as children really puts a lot of fear into us.

The purpose of all fear is to keep us safe, which is essential. The trouble is that our experiences teach us that it is not safe to be ourselves in many situations.

So, the growth opportunity is to cultivate safe – judgment-free - spaces for self-expression along with the wisdom to know when and where to hold back. Holding back sometimes is OK, as long as you are doing it purposefully and not on a fear-based autopilot.

### **Deep Trauma = Anxiety / Bullying**

The epidemics of both anxiety and bullying in our toxic Industrial Culture are both caused by our neglected need to Belong and feel valued for what we can contribute to the group.

Being expelled from the group meant almost certain death to our Hunter-Gatherer ancestors. So, this fear is deep in our Human Nature. Anxiety can be triggered by any experience of not being valued or feeling that your value status is threatened.

This is why people at all levels of the economic spectrum can experience deep anxiety.

Hurt people, often hurt people. While bullying is a complex human expression, this is what bullying is all about. People who have had their unique value neglected or even punished often lash out at others they perceive as being different or unique in some way.

### **A “bonus” problems... Laziness**

Often when someone is perceived as being lazy it is because their unique value was not valued in the Industrial Culture. And to them it seems like they have to work 100 times harder than others to do something that is valued... so give up.

Let's say a monkey and a rabbit were in a culture that highly valued tree climbing and not much else. After trying and failing to climb a tree 100 times the rabbit gives up and is called “lazy” for not trying.

### **Conclusion!**

Many of these Belonging problems are really intense. And the real challenge is that our culture looks at them as personal problems for the person when they are clearly cause by the culture of neglect and control.

Those of us who find our path to feeling valued within the group **MUST** do everything we can to help others find their way to experience being valued and cared for within the group.

## **Session #12 – Celebration**

And your next Dream!

*"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*

## 12-01) Prepare for Session #12

### Celebrations: Results and Experiences

[Listen to this audio to prepare for Session 12.](#)



Prepare to share your highlights and feel the glow.

We will walk through the four main elements that you shared with your coach in session 1; and notice what has happened on the adventure.

Look at your Coaching Notes Sheet from Session 1 and write in a few key words in each of the 4 sections.

Then you and your coach will talk through what happened. Some of it will be recapping what you know BUT also allow the Abera Ca Dabera effect to come through. You may describe it in a way that you haven't said before.

#### BIG Dream ~ Progress

Notice how you described your BIG dream back in the beginning.

Notice your progress. Describe some of the experiences that you enjoyed.

#### Results ~ Freedom

What were some of the outcomes that you were trying to MAKE happen.

Then describe how you have cultivated the feeling of freedom to co-create.

#### Actions ~ Superpowers

What were some of the actions you were taking and some that you were avoiding.

Then describe how you have cultivated more skill with these actions. What Superpowers have you discovered and expressed.

Are you feeling more FREE to be yourself.

#### Challenges ~ Highlights

Take a step back and really embrace all of the challenges that you experienced.

What are your highlights from stepping into these challenges as a growth opportunity?

Inner Freedom Coaching Session #12 Notes				Date:
1. WARM-UP & SPEAK YOUR BIG DREAM		Session: CELEBRATION!		
2. CELEBRATIONS / RESULTS	3. Explore Experiences for Pivotal Moments			
	ACTIONS NOT HAPPENING	RESULTS NOT HAPPENING		
4. PRACTICE PLAN: Celebration		5. PRACTICE		
12 weeks ago your dream was...				
BIG DREAM	Results	Actions	Challenges	
PROGRESS	FREEDOM	SUPERPOWERS	HIGHLIGHTS	
6. Growth Zone Any disappointments?		7. What is your next dream?		

## Disappointments

Disappointment is part of playing for a dream; it means you stretched for something better; it means you CARE about what happens.

The key is to embrace it and NOT judge it.

THEN... you can use it as fuel for your next imagination.

In a judgment free space, your disappointments can spark your desire AND imagination is a BIG WAY!

A few key points from this chapter:

- 1) What Inner Freedom is... (one more time)
- 2) From Stressful Hierarchical Control to Joyful Co-Creation
- 3) The Human Journey with a Coach and a Treasure Map
- 4) Celebration!! Let's look at your Play Sheets.
- 5) What's next for you??

## Energy Alignment Playsheets

In the Playsheet pack you will see 2 pages with questions about your experience of the Energy Alignment Game.

This is a valuable exercise to capture your growth and awareness.

## *12-02) Transformation from road map to treasure map*

**From:** Road map

**TO:** Treasure Map

**From:** Follow the instructions... then move on.

**TO:** Live the adventure... then celebrate



There are many activities in life that you can do by following a road map or a set of instructions, playing your Dream is NOT one of them!

Following a treasure map requires resourcefulness, intuition, curiosity, sense of wonder and embracing mystery... qualities we haven't used too much in our Industrial Control Culture.

Hopefully, this Inner Freedom program has expanded your desire and ability to follow a treasure map; and to approach life as a Human Connection Adventure.

Are you ready for your next Human Connection Adventure?

## ***12-03) Inner Freedom and your Non-Conscious Mind***

### Transformation

**From:** fear, emotions and “limiting” beliefs are something you “power through”; the non-conscious mind is dark and mysterious and must be avoided.

**To:** you can play with fear and emotions; you can uplevel your beliefs; and the non-conscious mind is a vast mysterious resource of wisdom and power.

Remember this idea about the Inner Freedom Experience?

Inner Freedom Coaching facilitates this transformation:

How did we do??

We are playing together to live your Heart’s Dream by exploring the treasure map of beliefs in your Non-Conscious Mind.

Hopefully you are beginning to see the “treasure map” as a fun adventure with a mysterious friend rather than an evil force lurking inside of you.



## ***12-04) From Stressful Hierarchical Control To Joyful Co-Creation***

This is an important idea that sets the stage for why I believe Transformation Coaching is a leading voice in the co-creation of an egalitarian world where every person is valued.

### The shift from Hierarchical Control to Joyful Co-creation!

The Industrial Culture is completely immersed in the Command- Control – Compliance structure. Every human endeavor is organized like a military operation with top down command and rank and file workers.



People, at all levels of the chain of command, experience tremendous stress as they work to maintain control.

Why? Because Humans are not meant to live this way!

We are born to be FREE, joyful, fiercely egalitarian co-creators with each other and with life.

Transformation Coaching is a model for this lifestyle.

- Your Coach is with you while also not playing for you.
- Your Coach is guiding you while also following your lead.
- Your Coach is sharing observations with you while also not telling you what you must do.
- Your coach shares your dream while also not being attached to it so they maintain balance.
- Your Coach SEES your unique value while also not pressuring you to be a certain way.
- Your Coach sees you playing BIG while also not judging you in the gap of becoming.

It's empowering.

It's playful

It's FUN!

Coach and player are egalitarian, co-creative partners.

YES!

## 12-05) Your Human Journey and the Treasure map (Reprise)

We have spoken about this quite a few times so I am not going to go into a big thing here.

I would love for you to look at this model again and recognize how much more awareness you have about yourself... about your Human Nature and about how to play for a dream.

Notice how much you have learned about your Social Safety Instincts.

Notice how much you have learned about your (Self) Preservation Zone.

Notice how much you have experienced the Fear / Growth Zone! (whew that's an understatement!)

Notice how much you have experienced your Human Nature Superpowers to Be Free – Befriend - Become – Believe and Belong!

Notice how much more awareness you have about the Superpower zone and how the challenges of your dream call out your Superpowers.

Notice how much clarity you have for your BIG Dream and how much more you can imagine yourself out in the world!

As far as the treasure map goes...

I wish I could make it a step by step process for you; but that is not what a treasure map is all about! Enjoy the adventure, the uncertainty, the unknown, the mystery... the surprises.

Have fun exploring WITH your coach as a companion.

Whenever you have a playful urge to do something... and then experience some doubt or fear... AWESOME! The next clue on the treasure map has revealed itself.



## 12-06) Celebration – Let's look at your playsheets!

Next up...

Session12 with your Inner Freedom Transformation Coach is all about celebrating YOU and your adventure.

So take out all of your playsheets and read through them from the beginning through to now.



Look over both the Coaching Notes sheets as well as your weekly play plan sheets with journal notes about what happened during in between your coaching sessions.

Enjoy looking back.

Embrace what you see.

Expect your imagination to spark new desires!

### **What's Next for You?**

That leads us to... what's next for you?

You may have great clarity for your next adventure; or you may need a little space for the next dream to emerge.

Either way, a little retreat for rejuvenation before venturing back out into the world is a very good idea. Remember: you are NOT an Industrial Machine. You are a Human. And Humans play much better after rest!

# THANK YOU!

[Listen to this Thank YOU Audio.](#)

Our peak experience is YOU living your dream and co-creating peak experiences with the amazing humans in your world!

Thank you!!

The purpose of this 12 session coaching program was for you to:

- Experience playing for your dream WITH a Human Connection Transformation 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 YOUUnique 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 YOUUnique 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 YOUUnique 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!

Coach Dave

Ps. Free people, FREE PEOPLE!