

Inner Freedom Method™ Coaching Playbook

Session 6 – Replay the moment with new Pattern Language

Inner Freedom Method Step 8: Experience the flow of gratitude

Gratitude is a popular topic in self-help circles. It is powerful because a deep sense of gratitude is a powerful energy pattern. But how do we experience “deep gratitude” where you “feel it” and “think it” and “experience it”.

The Inner Freedom Method is a pathway through 3 transformations...

- 1) From resisting to allowing sensations in your body (your body feels safe)
- 2) From reacting to responding to thoughts in your conscious mind (your mind is open)
- 3) From controlling to co-creating with the circumstances around you (your desires are connected)

When all of this comes together – you feel it deep inside of you; then you are truly free to play BIG, to express yourself fully, to LOVE all of life’s experiences and to fulfill your purpose in the world one beautiful moment at a time.

The big question is: who must you become?

IF you desire THAT experience of expressing yourself...

First you must become THIS person.

Understand the Play BIG cycle:

- 1) You begin with the desire to express yourself in a new way
- 2) Your desire attracts experiences (the challenge is to be grateful for ALL of them)
- 3) These experiences to ask you to expand (“become a bigger player” through the 3 transformations)
- 4) Your expanded self allows the desire to unfold.

When you understand this cycle, you can play big and enjoy ALL of it.

Question: What are your insights about the Play BIG cycle?

Inner Freedom Method Step 9: Replay the moment with new pattern language

This is where you go back to the moment you started with and replay it with a new picture.

You start by re-stating the new Pattern Language that you identified in Step 6.

You have your player imagine the experience going beautifully - in the best way they can see.

Then after the player does the visualization, ask them to describe what they saw.

This will give YOU important insights into their current level of inner freedom.

Question: What is the value of pre-playing the scene with a new pattern?

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Coaching Outline for Session #6

Coaching Outline for in-class session

Note: it is slightly abbreviated from the one you will use with your practice players.

1) Replay or preplay the critical moment of choice

1a) Choose The "moment" to focus on

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

Listen: It is important that you are both clear about the action and the intended results; even if you have discussed it before!

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

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

OR

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

1b) Start the Replay/Preplay Technique

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

Assuming they say yes...

Start the Visualization

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

ASK: Can you describe the scene for me?

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

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

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

Just wait and listen

3) Feel the Energy in the Body

3a) Scan the Body

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

ASK: What are you feeling in your body?

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

ASK: Which sensation is the most intense?

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

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

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

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

4) Scan for Memory Pops or Emotions

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

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

Dialogue as much as feels right.

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

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

ASK: *Did you notice any emotions?*

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

5) Find the Perfection in the SURVIVAL Intention

SAY: Let's see if we can identify the Survival Intention that you created in that moment;

ASK: When that was happening, what was your plan to keep safe, stay small or fit in?

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

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

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

{Skip Step #6 this time}

7) Find the Perfection in the Current Situation

SAY: Now let's shift our focus back to the challenge that you are facing in the current moment and look at it as an invitation from the Universe to expand your capabilities. .

ASK: From that perspective, how are these challenges serving you right now?

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

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

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

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

8) Experience the flow of gratitude

This next step solidifies your capacity to expand your comfort zone and play big in the world.

ASK: *When you look at how your survival intention have served you and how the current challenge is serving you, can you see how amazing it is that you have this desire to play big and then how all of these things have happened FOR YOU? What do you see?*

Listen and explore together; share what you see after they get a chance to share; this view of the world requires collaboration.

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9) Preplay the moment with new pattern language

Creating new patterns of feeling, thought and action takes practice. Using visualization accelerates the process and reveals additional patterns of resistance to explore.

Create a NEW Picture

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

SAY: OK. Now we are going to create a new picture for your CORE intention to Play BIG that you can live into for the next game.

SAY: Close your eyes again for a few moments.

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

(wait a few moments)

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

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

Listen as they share about the new picture.

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

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

Coaching outline for session #6 with your practice players

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Listen: *It is important that you are both clear about the action and the intended results; even if you have discussed it before!*

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

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

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

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

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

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Just wait and listen

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

3) Feel the Energy in the Body

3a) Scan the Body

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

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

ASK: *Which sensation is the most intense?*

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

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

ASK: *Where is the feeling in your body?*

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

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

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

Be very affirming and open to whatever IS there.

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

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

4) Scan for Memory Pops or Emotions

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