

INNER freedom Method

PLAYBOOK

Inner Freedom Method

The Inner Game IS The Game

The Inner Freedom Method™ is a tool to identify the patterns of resistance and transform them into a powerful source of energy. You do this by creating alignment of thoughts, feelings and actions toward a heart-guided vision. When this happens your player is fully alive, in the flow and playing the game with great joy! This program gives you a simple yet comprehensive tool to restore inner freedom quickly; creating a powerful, repeatable cycle for personal growth and great results.

**Center for Coaching Mastery
Level 2
By Dave Buck, MBA, MCC and
Dr. Lise Janelle**



Inner Freedom Method™ Coaching Playbook

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

The themes of the program:

The Pursuit of Inner Freedom

AND

Master the craft of coaching with Energy Awareness

The BIG IDEA that is the focus of this program is this: **One of the three pursuits of coaching is "inner freedom"**. People are highly aware of exactly what to do, but they are unable to do it on a consistent basis because of the strong influence of FEAR. The powerful truth is: **You can PLAY with FEAR!** This is the coaching opportunity that we will explore in this program.


And we will play with our fundamental coaching theory: **ANY endeavor in life can be played as a winnable game worth playing.**

The emphasis will be on PLAYING a BIG Game in life and adopting a "GAME framework" in your personal, business and career life. Specifically, you will design and play a game with actions that require you to play outside of your current comfort zone. This is a potentially transformational shift and we invite you to PLAY along with us.

Of course, there will be LOTS of coaching as well! As a part of our DTMOPP "Active learning" method you will work with a coaching partner throughout the program. You will coach and be coached by the same person in all of the coaching exercises. We believe this will allow you to go deeply into the coaching and experience a real coaching relationship. Essentially, your coaching partner is your coach AND your player during the program.

Finally, with our accreditation with the International Coach Federation (ICF) the 30 hours of the program qualify for Continuing Coach Education Units! (CCEU's) This is very exciting.

Enjoy the program and... Play BIG!



Coach Dave Buck and the CV Team!

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Post Class

1. Complete your class evaluation

0) Introduction

0.1) How to use this Play Book

The purpose of this playbook is to provide you with the important concepts to read and consider prior to each class session. Since the learning in our programs is largely based on the dialogue that occurs during the class there is also a place to record your “take-aways” from these conversations.

Pre Class Action Plan

- 1) Read Section 0 and 1 of the Play Book
- 2) Prepare your “game” as a player
- 3) Set up / Update your CoachVille Profile
- 4) Print 3 copies of the Inner Freedom Method Playsheet
- 5) Read the “Dyad Guide” (found in the syllabus)

You are READY for the first class!

0.2) Program Description

Inner Freedom Method Coaching You Can Play with Fear

(12 2.5-hour sessions; 30 hours total)

As a Coach, your job is to inspire each player to play the biggest, most meaningful game they can play in life. However, when we do this we always create inner resistance (aka FEAR) because the big game moves them out of their comfort zone; you know that experience when you RESIST doing or saying the most important thing. When this happens we usually try cheerleading or accountability to get our players into action. But in the face of FEAR these techniques are rarely effective -you need a much better tool!

The Inner Freedom Method™ is a tool to identify unconscious patterns of resistance and transform them into inner freedom. **You will learn how to PLAY with FEAR and teach your players to do the same.** You do this by creating alignment of thoughts, feelings and actions toward a heart-guided vision. When this happens your player is fully alive, in the flow and playing the game with great joy! This program gives you a simple yet comprehensive tool to restore inner freedom quickly; creating a powerful, repeatable cycle for personal growth and great results.

Jack Canfield, a leader in the personal growth industry, raves about the Inner Freedom Method. Soon you will too.

(Part of Center for Coaching Mastery Level 2)

The Details

3 Key Points

1) Playing BIG and the Path to Inner Freedom

In the program you will learn:

- 1) Why the big game creates inner resistance – EVERY TIME
- 2) How to quickly find the “Critical Moments” where freedom is blocked
- 3) Techniques for shifting the energy of thoughts, feelings and actions to restore inner freedom

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With these techniques your players will become Super Conductive -free of obstacles that block the natural flow of energy - able to create results quickly with relative ease.

Using this method will enable you to Coach powerfully in a wide variety of situations. When you master this method you will feel free to take on bigger players with bigger challenges.

2) The dynamic balance on the edge of your comfort zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty; Where the outcome is a bit mysterious. As a Coach, you need to master the ability to guide your player into this "sweet spot" of growth on a regular basis - otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay comfortable. So you need a few things: 1) the courage to play out of YOUR comfort zone; 2) A way to talk about the benefits of stepping up to bigger challenges; 3) A powerful tool to bring your player through the uncomfortable experience in a way that is engaging and effective. When your players see that you have a tool that really works they will play bigger more readily. And they will really enjoy coaching with you.

3) The elusive state of flow

Inner Freedom is the state of flow: where energy is aligned and flows freely to POWER UP your life's intentions, goals and purpose.

What this means in practical terms is that you are FREE to act powerfully in the moment in a way that is creative, resilient and resourceful. You are fluid and get MUCH better results, more often with less struggle. This is what we want for our players - and for ourselves!

The 9 Step Inner Freedom Method™

The Inner Freedom Method™ is a sequence of transformational techniques that guide the player from feeling stuck (inner resistance) to feeling free (super conductive).

Each of these steps creates a rich exploration

0) While you are coaching your player, you reveal areas of inner resistance.

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

1) Replay the critical moment

A tool to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

2) Use Judgment-free awareness

A tool to scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

3) Feel the energy in the body

Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing

4) Scan for emotions

Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal source of the inner resistance.

5) Find the perfection in the Core Intention that is causing the resistance

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At the heart of inner resistance is the intention to stay safe or stay small. (Attempting to play big brings these thoughts and feelings of resistance to the surface) Finding the perfection of this intention in your life is a key step toward freedom.

6) Make your mind your ally

With this step you will explore the thoughts that arise from the core intention to stay safe and then create a new pattern of thought that will support playing BIG.

Here you will shift from thinking reactive thoughts to responding powerfully in the moment.

7) Find the perfection in your current situation

Here you will explore how the challenges you are facing in your current situation are serving you to make your visions a reality. When you recognize the perfection you can shift from attempting to control the situation to co-creating with reality.

8) Replay 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.

9) Experience the flow of gratitude

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

In the program you will learn and practice each of the steps independently and then learn how to use them all together.

The Themes of the Program

1) Why Playing Big creates Inner Resistance - EVERY TIME

When we play the games of our lives, relationship, school, business, career and health, we utilize patterns of thought, feeling and action. We start creating these patterns subconsciously from an early age. These patterns serve us well because we don't have to figure everything out for the first time every time we do it! Many of the patterns operating in your life today were created when you were less than 10 years of age. However, when you want to play bigger, many of your current patterns will create inner resistance until you create new patterns.

2) Flow - just on the edge of your comfort zone

To really be in the flow of your game you have to be in the sweet spot between knowing what to do and not knowing what will happen next. There has to be a challenge in order to really engage your creativity. We call this being on the edge of your comfort zone. It is exciting because you can learn and grow but also risky because you can make mistakes.

3) Just a little bit of fear - will send you into "busy-work"

Did you ever notice that sometimes when you have an important action to take or phone call to make, you mysteriously find yourself reading your e-mail instead? This is a very common experience but most of the time it happens so fast and so subconsciously that we don't notice it. This reason is VERY simple: when the thought of doing something has even a LITTLE BIT OF FEAR associated with it, you will naturally move to do something where there is no fear; where you have total control. When you endeavor to play big you will notice this happening A LOT! We will explore how to catch it before you waste the whole day and how to use the Inner Freedom method to stay engaged in the critical activities that make the biggest impact on your results - the slightly scary ones!

4) Judgment-free awareness - an essential tool for growth in any endeavor

The "judgment-free awareness" framework is absolutely essential if you want to play BIG. First described by Timothy Gallway in the "Inner Game of Tennis" the technique allows you to notice what you are doing and how you are doing it without harsh criticism. This allows you to stay fully engaged in what you are doing and focused on your picture of excellence - rather than the "mistakes" you are making right now.

5) Expanding Energy Awareness

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Humans have three fundamental forms of energy: thoughts, feelings and actions. These energies flow in patterns; we call these energy patterns. When these energy patterns are aligned, your desired results happen quickly and with relative ease; When they are flowing in different - even opposite - directions, seemingly undesired things happen with regularity. And we have the experience of feeling stuck or blocked.

At the same time, energy is bi-directional. Our energy flows out and at the same time we receive energy - this is often called attraction or magnetism. When our thoughts, feelings and actions are aligned we attract energy - in many wonderful and sometimes surprising forms - that supports the fulfillment of our desires. When they are not aligned, well, we attract all sorts of things that slow us down.

6) Expanding the capacity to feel

"I knew in my gut but I didn't listen". This is a common lament of the player that is not tapping into the full power of the wisdom stored in the body. In this program we will expand your capacity to feel the energy in your body and dramatically increase your access to intuition.

The technique for shifting energy in the body involves expanding the capacity to feel. We will learn an effective guided visualization technique for exploring the physical sensations that are triggered by life's experiences. Feeling physical sensations and noticing without reacting to the emotions that surround them is often a life changing experience. Using this technique shifts the player from a place of resisting to one of allowing. It shifts the energy from overwhelm to freedom.

7) Expanding the capacity to respond

The techniques for shifting energy in the mind involve integrating logic and emotion; where thinking clearly about a situation includes emotions but is not dominated by them. We will learn a technique called: Make Your Mind Your Ally with judgment- free awareness. Using this technique shifts the player from reacting to responding resourcefully in the moment. It shifts the energy from isolation to one of openness.

8) Recognize the perfection of the situation

The technique for shifting the energy of action from controlling to co-creating involves seeing the perfection in the situation. Finding the perfection requires seeing yourself in the big picture of your life, the community and the world. You will learn a guided inquiry that enables the coach and player to see from this perspective. Using this technique shifts the player from a place of control to a place of co- creating with everything that is happening. It shifts the energy from frustration to trusting the universe and life itself.

The GAME!

In each class you will...

- a) Engage in a lively discussion about the topic of the day
- b) Observe a real coaching session
- c) Coach a classmate and be coached in YOUR game

Each week between classes you will play a fun and challenging game where you earn points for:

- 1) answering questions about what you have learned
- 2) completing exercises that expand your comfort zone and help you explore inner resistance and inner freedom
- 3) playing BIG in your own life and creating results
- 4) conducting coaching sessions
- 5) acquiring feedback letters from your players
- 6) staying in contact with your player/coach
- 7) supporting your team mates
- 8) making a BIG WIN happen in your life

Center for Coaching Mastery Students need a minimum number of points to graduate
You will be able to trade in your points for rewards at LifeVille.com! Awesome.

How this program will make you a better coach

- 1) Your confidence as a coach will increase dramatically because you KNOW you have the tools to handle ANY challenging situation your player is in.
- 2) Your ability to find the "critical moment" and shift the experience for your player from inner resistance to inner freedom will create extraordinary richness in every session. You will learn exactly what questions to ask and what to look for.
- 3) Understanding and using body awareness will allow you to help your players expand and tap into intuition and inner knowing
- 4) The ability to find the perfection in situations past and present is a most extraordinary booster to self worth; which is something EVERYONE values greatly
- 5) Your players will FEEL more capable to play BIG in the world after every session with you.
- 6) You will become masterful in reading the dynamic of in/out of the comfort zone and know just how to keep your players on the growing edge.
- 7) You will have a deep understanding AND a solution for the common challenges people face today: overwhelm, frustration, isolation and even apathy! This will give you great confidence in coaching a player through challenging situations.
- 8) You will learn how to talk about inner conflict as a catalyst for growth with your players.
- 9) You will expand your understanding of the dynamic balance between support and challenge which has the effect of boosting your players self-worth. This in turn will greatly enhance their ability to play the game and get results.

Peer Review

Nina Mioen

Wow! This is exactly what I have been waiting for! Dave's talk about most coaching sessions being weak really hit me. It was me yesterday. The frustration I felt when I coached this lady, the feeling of not getting anywhere. I need to get into the critical moment with her. It makes so much sense and feels great to have a technique to use to "feel what it feels like in the moment". I believe in it completely; it is when we are in the moment that the breakthrough can happen. This is really BIG!

0.3) Fundamental Coaching Theory

- 1) Any endeavor in life or business can be designed into a coach-able, win-able, playable game worth playing
- 2) The purpose of coaching is to play better; to guide an individual or team to play the game better and win on their own terms
- 3) Masterful coaching is possible ONLY when the coach truly knows the game the player is playing.
- 4) One of the 3 core pursuits of Coaching is the Pursuit of Human Greatness. Playing BIG in the world is the gateway to Human Greatness

The 3 Pursuits of Coaching

The modern coach must be aware of the core pursuits - most often unspoken - of anyone playing a BIG game in life. And you must be highly aware of the key dynamic of each pursuit. With this

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understanding you can speak powerfully to the heart and soul of what people truly desire; All the while guiding them along in the day-to-day activities, opportunities and setbacks of their games / objectives.



1) The Diagram

The Venn diagram has three components:

- A) The 3 **Pursuits** (eg. Human Greatness)
- B) The **Key Dynamic** for each pursuit (eg. support / challenge)
- C) The 3 **by products** of these pursuits (eg. Mastery)

2) Human Greatness - Support / Challenge

This is the primary pursuit of coaching and where all coaching begins: with the desire to do something - or as I would say: "Play your game better, and win on your own terms".

Most people who hire a Coach begin with an achievement in mind. This is a great place to start AND greatness is more than achievement, it also includes mastery.

Another way of describing this is the distinction between what your player is doing and who your player is becoming. Greatness requires both doing and becoming.

Human greatness occurs when the player reaches a level in the game where they go beyond personal achievement and lift the whole game and everyone who plays it. Often you hear about a great player

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on a team who makes everyone around them better – even the other team! This is possible through coaching.

The essential dynamic is support and challenge. Human greatness is only arises in the face of challenges. AND challenges are only overcome with lots of support. There is a delicate balance between support and challenge. As a Coach you must read your player and the situation on a moment to moment basis and know when to support and when to challenge. You will explore this dynamic throughout this program.

The biggest job of a Coach is to keep your player just outside of their comfort zone where they are facing challenges and overcoming them with your support and the support of others.

As I mentioned earlier, the Coach must constantly monitor the players situation to know when to support and when to challenge and this can change from one to the other in the middle of a session.

Human greatness is such a beautiful and moving thing to behold. Life is sweet. And as more people have a Coach in their life inspiring them in the pursuit of greatness - it will be even sweeter.

We call our method for this Coaching pursuit the Play Better Coaching Method™ which you will learn more about later in this chapter.

3) Inner Freedom – In/Out of the comfort zone

Inner Freedom is the place of fluidity and grace where the desired results occur as the natural byproduct of full self- expression. You are resourceful, resilient and responding to the moment. We call this state Inner Freedom – where your energy is aligned and flowing freely toward your heart's desires.. In any challenging and worthwhile game these moments happen once in a while and they are made precious by lots of other moments of where the flow is blocked by inner resistance.

A simple formula: Skill X Freedom = Results

An essential purpose of energy Coaching and the Inner Freedom method is to help your player experience more freedom more often. We do this by providing them with the awareness to notice when their freedom is blocked and tools to get them back into it.

The thing that is flowing is energy in the form of feelings, emotions, thoughts and actions. Flow happens when your energy is aligned on a clear intention and there are no blocks or leaks.

The Dynamic Balance: going in and out of The Comfort Zone

The way to keep growing in a healthy way is to play just over the edge of your comfort zone; where the actions you need to take to be successful are outside of the realm where you have total certainty; where the outcome is a bit mysterious. As a Coach, you need to master the ability to guide your player into this "sweet spot" of growth on a regular basis - otherwise they will get bored!

At the same time, most people really resist stepping out of their comfort zones! Why? Because it is uncomfortable! (duh!) and we have all been trained to stay where it is safe and comfortable.

So you need the ability to challenge your player out of their comfort zone in a bigger game. Then you need the ability to help them expand their capabilities so that they become "comfortable" in the bigger game. Then you start the cycle all over again!

4) Personal Evolution – Adapting / Reflecting with Environments

Personal evolution is the "Big Picture" pursuit of the coaching industry. Our ultimate purpose as a community is to forward humanity one person at a time. It is an extremely compelling and passion

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sparkling notion. This is what Thomas was playing for every day in everything he created for the Coaching community.

This pursuit speaks to the interconnectedness of all things. The inner environment is made up of your values, beliefs, emotions, character and ideas. The outer environment is made up of people, places and things.

Both the inner and outer environments occur in patterns and can be designed using pattern language. A theory originally developed by Architect / Philosopher Christopher Alexander.

The key dynamic is the interplay between our reflecting and adapting to our environments. We know that humans are both adapting to the world around them AND creating the world around them as a reflection of who they are.

As a Coach we help our players find their place in the world. Then we help them design the world so that the environment pulls them toward the vision of who they wish to become.

Other ways of describing this pursuit are conscious evolution and transformation.

One of our coaching mantras is: the Environment ALWAYS wins (so its best to have it on your team!) As a Coach you help your player become highly aware of the obvious truth: What we can do is a function of our environments AND who we become is a function of our environments. With this truth as a backdrop they begin to notice that everything around them matters. Everything within them matters.

In the pursuit of Personal Evolution there are times when it is wise to focus on the environments that you are in and upgrade them to be a better reflection of who you want to become. At other times it is wise to move yourself into a totally new environment and adapt to. Sometimes it is best to persist in an environment and learn from it because it is a reflection of you. Other times, you just have to get out of there.

As a Coach you see the dynamic balance between reflecting and adapting and guide your player to make wise choices based on the interconnectedness of all things and experiences.

This brings a deep feeling of peace that can quickly restore our energy for playing the games of our lives.

We call our method for this pursuit the Pattern Language Coaching Method and we make great use of Thomas' Nine Environments of YOU model which you will learn more about later in the book.

5) Mastery

When you combine the pursuit of human greatness with the pursuit of inner freedom you get the experience of Mastery. A Coach is always aware of helping the player become more masterful with the skills and strategies of the game

6) Awareness

When you combine the pursuit of inner freedom through energy awareness with the pursuit of personal evolution through environmental awareness what you get is expanded awareness. The more you are aware of, the better you will play in any game.

7) Sustainability

When you combine the pursuit of human greatness with the pursuit of personal evolution you get sustainability; where the player stays connected to the world and continues to play at a high level.

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0.4) Inner Freedom Method Theory

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

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

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

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

To summarize the Play Two Win Method™ (from Center for Coaching Mastery Level 1) steps 6 through 9 in practical terms...

When your player does not know what to do, this is a game plan issue.

When your player knows what do to but does not know how to do it, this is a skill and practice issue.

When your player is missing needed resources, this is an environmental design issue. (For example, your player needs to connect with potential prospects but there is no where they can find to meet them)

When your player knows what to do, and knows how to do it and they are still NOT doing it, this is an inner resistance (FEAR) issue.

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

The inner freedom part of playing a game determines which actions your player takes and how they feel while they take the action which often determines the results.
Are they clear, confident, expressing themselves and fully present?
Or are they nervous, holding back and distracted?

What does Energy Awareness refer to?

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

- Thoughts (sometimes referred to as self talk)
- Beliefs (patterns of thought, often referred to as limiting beliefs)
- Values (what is important to you OR what you think SHOULD be important to you)
- Feelings (physical sensations in the body, typically feelings of discomfort)
- Emotions (fear, anger, joy, sadness, excitement)
- Actions (What you do, what you create, how you interact)
- Choices (The process of choosing what to do or NOT do)

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The purpose of Energy Awareness... Inner Freedom.

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

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

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The Inner Freedom Method Play Sheet – Explore Inner Resistance

This Play Sheet is useful for taking notes about your player and the situation. It will help you get a picture of the game and identify areas to explore for inner resistance.

Name of the Game:	Areas of Inner Resistance What is not happening?
Purpose of the Game – Why are your playing?	Actions that you are NOT doing Resisting / Avoiding – Experiencing Overwhelm
	1)
	2)
	3)
Primary Objectives in the game?	4)
1)	5)
2)	6)
3)	
Actions of the Game	Acting through resistance – forcing yourself Mind Reacting – Experiencing Isolation
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	
Intended Results of the Actions	Results that are NOT happening Attempting Control – Experiencing Frustration
1)	1)
2)	2)
3)	3)
4)	4)
5)	5)
6)	

How to use the Inner Freedom Method Play Sheet

Left Side – The Game

1) Name of the Game:

In the first box on the left write the name of the game

2) Purpose of the Game – Why are you playing?

Understand how this game connects to the players life

3) Primary Objectives in the game?

Three things they want to accomplish in the next 3 months. Make sure at least one is tangible. AND make sure these objectives are a BIG stretch for the player that will pull them out of their comfort zone.

4) Actions of the Game

Create a list of recurring actions; Actions that are important in the game on a daily basis. Especially find out actions that would be BIG even if they are not doing them right now.

5) Intended Results of the Game

For each recurring action, what does the player want to have happen when they do this activity.

Right Side - Areas of Inner Resistance - What is not happening?

This part of the play sheet is used as you get into the game and identify specifically what your player needs to focus on how to play better and get more consistent results.

6) Actions that you are NOT doing - Resisting / Avoiding – Experiencing Overwhelm

Ask your player which activities do they tend to resist or avoid

7) Acting through resistance – forcing yourself - Mind Reacting – Experiencing Isolation

Ask your players which activities they do only when they really FORCE themselves to do it. Or they do it typically after procrastinating.

8) Results that are NOT happening - Attempting Control – Experiencing Frustration

Here you will note the results that your player wants most to achieve BUT they are not happening often enough.

0.5) Finding 5 “Practice Players”

The only way to become a coach is by coaching! Sounds obvious I know. But you would be amazed at how many people think that they will become a great coach by simply attending the classes. Attending the classes will help you become great ONLY if you practice!

If you are already in one of our other programs then you probably already have 5 or more practice players and in this case you are set. You don't need 5 more. Although, when it comes to practicing coaching “the more the merrier!”

So we urge you to find 5 people to practice the Inner Freedom Method with each week while you are in class. Each session with your practice player can be done in person or over the phone and should be for approximately 30 minutes – no more, no less.

Inner Freedom Method™ Coaching Playbook

You can coach these players pro bono or for a fee that you both agree upon. Typically a small fee is the best arrangement for both. Eg. In 1997 Coach Dave coached his first 10 players for \$25 for four 30 minute sessions.

Here is what you need to do:

1) Who should you approach about your new career as a coach?

You approach ANYONE that will talk to you - friends, colleagues, associates, your facebook friends... EVERYONE. Please do not pre-screen people out with thoughts like:

- Oh, they would never hire a coach, or
- would never hire ME as a coach.
- they are too busy to have a coach, or
- they are too much of a loser to hire a coach ;-)

Be open. Some people may surprise you. AND it is very important to have a wide range of coaching experiences in your early days as a coach.

- DEFENITELY don't screen people out with the thought: "They are really important, I will wait until I have more experience!"

Don't wait!

You tell them: I am launching my new career as a Coach.

2) You need 5 players to coach for practice while you are in class

3) As their coach you will help them play the game of their life better and win on their own terms. They can focus on business, career, relationships, health – whatever is important to them. You may not be an expert in that topic but you will help them focus on what is most important and find ways to play vs. work and get better results while having more fun.

4) Tell them that they will get a lot out of it because you plan on being a very good coach.

Set the time in your calendar. An outline for the conversation is down a few paragraphs

THE BIG POINT HERE: You can approach it as asking them for a favor if that works for you. BUT you don't have to. You can approach it as they will be the lucky first ones that get to coach with you at such a low fee!

This is how I (Coach Dave) did it. In 1997 I coached my first 10 people for \$50/month for four 30 minute sessions. Putting that \$500 in the bank every month felt REALLY good.

You may wonder how you can charge for coaching when you don't even know what you are doing yet. You will have to trust me that with the methods and skills you will learn in class you will actually provide GREAT value way before you are even good at it.

5) Let them know how much you will charge for each session or if it will be pro bono.

6) Tell them that you will provide them with a simple agreement form to document this arrangement.

7) If you want, you can invite them to do what we call a "Play BIG" exploratory session. It will take just 20-30 minutes and will be fun AND valuable. The outline for this session is below.

Now all you need is the courage to go and do it!

Ah ha! Your first coaching challenge.

You tell them: I am launching my new career as a Coach and invite them to do a Play BIG exploratory session with you. It will take just 20-30 minutes and will be fun AND valuable.

Book time in the calendar.

Then on the call, take control of the conversation right away.

Inner Freedom Method™ Coaching Playbook

"Thanks so much for doing this with me. I really appreciate your time and I can't wait to see what we discover together."

"OK. Let's go.

If you looked at all of life as a game...

1) What would you say YOUR big game is right now?

2) What does winning look like for you in this game?

3) What are some of the challenges you are facing in the game?

4) Are there any important activities of the game that you tend to resist or avoid?

5) What would it mean for your life if you had the inner freedom to take the most important actions won this game on your own terms?

6) You have a big game here that I think you can win! Would you like to be one of my players?

I am putting together a team of players to launch my coaching career. I am offering...

Before you start doing these sessions, choose one of these two options for your primary offer:

Either:

a) a low introductory rate of \$xx/month for 4 30 minute sessions for 3 months.

or

b) Pro Bono Coaching for 30 minutes per week for 12 weeks

If they say "yes", make a plan to start. (then do the dance of joy ;-)

if not...

Do you think I should be a professional coach? why?

Will you send me a quick letter to this effect for my reference file?

Our point for asking for the letter is to practice making offers and requests and also when someone does not want to accept your offer as a coach there is still much that can be created in the relationship if you are determined and assertive. It is GREAT practice.

0.6) Sample Coaching Agreement

Feel free to use the text of this agreement completely or as a starting point for your basic coaching agreement. Also, there are two additional examples in your syllabus.

Coach Dave Buck – When Playing BIG is your ONLY Option!

PLAYER COACHING AGREEMENT

Welcome as a player! I look forward to being your partner in creating the life you desire by playing BIG and winning on your own terms! I'm not big on rules – but here are a few things that honor the professional nature of our relationship.

PLAYER FEE POLICIES AND PROCEDURES

Inner Freedom Method™ Coaching Playbook

FEE: The fee per month is \$500 – payable by credit card. Your credit card will be charged at the beginning of each month. The charge on your credit card statement will read “CoachVille LLC”

DEFINITION OF SERVICE

- a) CALLS: Our agreement includes 2 45-50 minute conversations each month. We will “book” 60 minutes in the calendar in the event that we need a little extra time.
- b) Check in calls during the weeks in between our coaching sessions. These calls will be 5-10 minutes.
- c) Email: I am available by email for questions and “sharing”: news, insights, challenges, and accomplishments. I will typically reply to these communications within 24 hours, though if my travel schedule has me out of the office for an extended period it may be a few days longer.

LENGTH OF AGREEMENT

Our agreement is open ended / month to month – I recommend at least 6 months.

PROCEDURE

For our official coaching sessions I use a flexible schedule. We will set up our next appointment each time we talk. For our check-in calls call me when you have a few free minutes during the business day.

CHANGES

If you need to reschedule your call, please give me at least 24-hours notice. Occasionally I may need to reschedule and I will give you at least 24 hours notice as well. If an emergency occurs for either of us, we’ll work around it and reschedule.

PROBLEMS

If I ever say or do something that upsets you or doesn’t feel right please bring it up. I promise to be open to anything you need to say and I will do my best to make it right.

CONFIDENTIALITY

I recognize that certain information of a confidential nature may be shared during our sessions. I will not use this information for personal gain or disclose this information to anyone else without your specific approval.

THE NATURE OF THE RELATIONSHIP

Our coaching relationship is not to be considered psychological counseling or any type of therapy.

The MOST IMPORTANT THING

is that you are ready to play and win the games of your life on your own terms. I cannot play the game for you. I will support you and challenge you in every way that I know. When you win, we both win.

Inner Freedom Method™ Coaching Playbook

David R Buck, Coach	Date	Name, Player	Date
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David R. Buck, Coach | PO Box 904 Hopatcong, NJ 07843 | 973-601-9444

0.7) Your Game as a Player

Since everyone – including you! – will practice coaching as a part of this program, it follows then that everyone will also have to be a player! You will be partnered with another coach through the 12 sessions which will create a realistic experience of coaching someone over time. So the BIG question is: What is the game that you are playing that is BIG enough to need an Inner Freedom Method coach to play better?

Go for something that is definitely OUTSIDE of your comfort zone; with actions you would LOVE to do if only you had the courage and freedom.

ESSENTIAL – choose a game with LOTS of action that includes connecting with other people

Remember: Coaching is about playing better – it is NOT an intervention for problems!

Here are a few essential points to being a good player:

1) Choose something that you are DEFINITELY doing in your life right now. Do not choose something that you may not have time for on a given week.

2) Choose something that you have a desire to do better; to get better results. Do NOT choose something that you are doing but wish you were not doing. Your coachable topic should NOT be whatever is bothering you that day!

3) If you are definitely going to invest the time each week to pursue coaching players for your new business, then that can be an excellent game to choose.

4) Your partner Coach can help you refine the idea for your game, but remember, they are a new coach! So it is better if you come in with a pretty clear idea.

5) Remember also that this program is 12 fast weeks. So your game should be something that you know you are doing over this time frame. Again, it can be something you are already doing; it does not have to be a new thing.

6) Game Ideas include:

- Boost your career,
- Build your business,
- Energize your relationships,
- Expand your network,
- Reduce your tolerations
- Financial freedom (or stability, sustainability or independence)
- Spiritual quest
- Personal leadership
- Community leadership
- Artistic expression and performance

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What are your game ideas?

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Your Game

Examples: Expand your Business, Create a loving partnership;

What is the name of the game?

What is the object of the game? Over the next 3 months

What is the purpose of this game for you in your life? Or Why do you want to play this game? Big Picture

What are the activities of the game? What are you doing while you are playing?

Session 1 – Inner Freedom: The Power to Manifest

1.1) Welcome!

Welcome to the Center for Coaching Mastery!

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

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

2) You will coach in every class. The Inner Freedom Method is deep and you have probably never conducted a coaching conversation like this before. So be easy on yourself! Don't expect to be a masterful coach on day #1. Coaching in class is your opportunity to experiment and try things that you have not done before. Avoid the temptation to weave in other "inner work" techniques that you already know. Stick with what you are learning in class. Enjoy the opportunity to stretch and learn.

1.2) What Inner Freedom is

In class your instructor will guide a conversation about what Inner Freedom Is and how it establishes your power to manifest.

Important Notes Inner Freedom.

Key points to weave in.

Feeling of being At ease in the situation

The courage to act in the moment

Being in the flow and knowing what to do next (or knowing when to do nothing)

The absence of fear

Awareness and integration of feelings (body wisdom) and thoughts and emotions

Super Conductivity

Is the absence of resistance / friction-free

Your energy flows freely / EVERYTHING is energy

Energy = Thoughts, Feelings and Actions

Analogy = fiber optic vs. dial up

The BIG IDEA - The power to manifest (make things happen)

Your pure heart intentions are a powerful source of energy.

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

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

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

Inner Freedom Method™ Coaching Playbook

What are your highlights from this conversation?

1.3) Your comfort zone – what is it?

Create a BIG game that will pull you outside of your comfort zone

In this session your instructor will lead a dialogue about the comfort zone and then have several class members share about their own BIG game and how it is outside of their comfort zone.

Important Notes

The comfort zone is not good or bad

You are familiar with everything happening

You are familiar with your thoughts and feelings and actions

You know what to do because you have done it before

Familiar / comfortable does NOT mean you like it or it is desirable

You may not like it but it is "comfortable"

Outside the comfort zone it is where you are growing

Outside the comfort zone is where you are trying new things

Outside the comfort zone is where you experience risk

2-3 class members will share as aspect of their big game and how it expands them out of comfort zone

Share a little about the game and a specific action that is outside of the comfort zone.

How does this action take you outside of your comfort zone?

Key Point: Focus on actions where you are engaging with other people rather than things you will do alone. Solo tasks are generally safe - even if new - People actions are more scary

example: if you are wanting to walk 2 miles a day and that is outside of your comfort zone.

Make it REALLY outside your comfort zone by enrolling a few people as walking partners.

Every day walk 2 miles with someone!

REMEMBER: Tasks are Safe - People are Dangerous

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

What are your highlights from this conversation?

Inner Freedom Method™ Coaching Playbook

1.4) Explore the BIG game for inner resistance

In this session your instructor will lead a dialogue about how inner resistance is a natural consequence of playing BIG in the world.

Important Notes

Playing BIG in the world

- Express your talents - especially those you keep hidden (your true gifts)
- Play to add value to the lives of others
- Challenge yourself to do something you have not done before
- Be assertive about who you are and what you want
- Stretch to expand the value you create
- Take action on desires from your heart

Inner Resistance

We have a theory:

When you play a bigger game, you create inner resistance.

Inner resistance creates chaos in your world.

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

Inner Freedom Method™ Coaching Playbook

What are your highlights from this conversation?

**** Coaching Dialogue with Notes ****

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

Another scenario is where they come to you as a Coach BECAUSE they are struggling with an important action or result. In this case you will get right into the Inner Freedom METHOD. But before you do that you MUST understand the game they are playing and get the big picture first.

This is the approach we will take in this class.

So your first session with your partner will be a typical discovery session with an Inner Freedom Twist. You will find out about their big game and then explore all of the areas where they are currently experiencing resistance, reaction, overwhelm, isolation and frustration.

Use the Inner Freedom Method Play Sheet to guide your inquiry

1. See the Game

Fill in the left side of the form first.

ASK: What is the (New/BIG) Game –

ASK: What is the purpose of the game? and

ASK: what is your objectives for this game over the next 3-6 months
(in class ask 12 weeks)

ASK: what are the primary actions of this game? What do you need to do?
Most importantly, what are the recurring actions of the game?

ASK: what are the results that you are playing for on a regular basis?
What needs to happen on a regular basis for you to win?

Coach Note: most people see the endeavors of their life as projects and go into “work” mode. You may have to encourage them to “See” the game and elicit the “Spirit of Play” that lies within them.

2. Explore the Game for Inner Resistance

Next, explore the new game for Inner Resistance using the right side of the form

ASK: What are the actions that you are NOT taking? (are you resisting or avoiding?)
Are there are times when you could be doing important things and you find yourself doing trivial things or “busy work”

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can’t figure out where to begin?

Inner Freedom Method™ Coaching Playbook

Coach Note: Actions NOT taken or avoided are most often caused by **Resisting** something; typically a feeling in the body that stirs up when they consider taking the action. This is typically accompanied by an experience **of Overwhelm**

ASK: What are the actions that you are taking but you experience resistance so you have to force yourself to do them? Or you have to “talk” yourself into it.

ASK: Are you experiencing reactive or negative thoughts?

Coach Note: Resistance is often accompanied by **Reactive** thoughts and an experience of **Isolation**; you want to be left alone.

ASK: What desired results are NOT happening?

ASK: Where are you experiencing frustration?

Coach Note: **Frustration** is often caused by attempts to **Control** a situation, person or outcome.

3. Review the Situation

ASK: From this review, what is your assessment of your situation?

Listen. Here you will get the picture of how they feel right now. This will help you see if you need to support and encourage them or challenge them to play bigger.

4. Do they need challenge or support?

(Are they in or out of their comfort zone?)

Coach Note: You have to trust your intuition on this one. It is most likely that they need support – in other words they are out of their comfort zone and they need you to guide them to find the sources of resistance.

However, with some players you may feel that they are feeling stuck because they are staying IN their comfort zone. In this case you have to challenge them to play bigger.

If support / encouragement is needed...

SAY: This is where the next level of coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing a big game! I have a powerful methods that we will use together to get you back into the flow of creative action and results.

If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that the game is too easy for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not challenging yourself. So, I am going to challenge you to play a bigger game to get out of this rut.

5. Give them the “Play and Journal” Game:

SAY: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of inner resistance?

What are the results that you want to come from that activity?

SAY: Keep a little journal of your experiences as you play (or avoid playing): .

NOTICE AND JOURNAL...

- a) Actions that you KNOW would help you to win – but you avoid
- b) Actions that you take through great resistance.
- c) Thoughts that pop up while you are playing that are not supportive.
- d) Thoughts that pop up while you are not playing
- e) Notice the results that are happening and NOT happening

Inner Freedom Method™ Coaching Playbook

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

1.5) Coaching Demonstration & Practice

In class your instructor will play a recording of a coaching session where the Inner Freedom Method is used. Then after a debrief, you will practice with a partner. If all goes well, this partner will be YOUR player throughout the 12 week program.

Your Notes and Questions from Observing the Coaching Session

**** Coaching Dialogue ****

This is the same as the dialogue above but with the coaching notes removed so that it is easier to use while coaching.

Use the Inner Freedom Method Play Sheet to guide your inquiry

1. **See the Game**

Fill in the left side of the form first.

ASK: What is the (New/BIG) Game –

ASK: What is the purpose of the game? and

ASK: what is your objectives for this game over the next 3-6 months
(in class ask 12 weeks)

ASK: what are the primary actions of this game? What do you need to do?
Most importantly, what are the recurring actions of the game?

ASK: what are the results that you are playing for on a regular basis?
What needs to happen on a regular basis for you to win?

2. **Explore the Game for Inner Resistance**

Next, explore the new game for Inner Resistance using the right side of the form

ASK: What are the actions that you are NOT taking? (are you resisting or avoiding?)
Are there are times when you could be doing important things and you find yourself doing trivial things or “busy work”

ASK: Are you experiencing overwhelm? Too MUCH to do? Often you can’t figure out where to begin?

ASK: What are the actions that you are taking but you experience resistance
so you have to force yourself to do them? Or you have to “talk” yourself into it.

ASK: Are you experiencing reactive or negative thoughts?

ASK: What desired results are NOT happening?

ASK: Where are you experiencing frustration?

Inner Freedom Method™ Coaching Playbook

3. Review the Situation

ASK: From this review, what is your assessment of your situation?

Listen. Here you will get the picture of how they feel right now. This will help you see if you need to support and encourage them or challenge them to play bigger.

4. Do they need challenge or support?

(Are they in or out of their comfort zone?)

5. If support / encouragement is needed...

SAY: This is where the next level of coaching begins. It sounds like you are out of your comfort zone here. That is good. It means you are playing a big game! I have a powerful method that we will use together to get you back into the flow of creative action and results.

If challenge is needed...

SAY: OK. This might sound strange, but I think the problem is that the game is too easy for you right now. You are feeling stuck because you are trapped inside your comfort zone. You are not challenging yourself. So, I am going to challenge you to play a bigger game to get out of this rut.

6. Give them the "Play and Journal" Game:

SAY: What is one recurring activity that is outside of your comfort zone that you can engage in this week to expand your awareness of inner resistance?

What are the results that you want to come from that activity?

SAY: Keep a little journal of your experiences as you play (or avoid playing): .

NOTICE AND JOURNAL...

- a) Actions that you KNOW would help you to win – but you avoid
- b) Actions that you take through great resistance.
- c) Thoughts that pop up while you are playing that are not supportive.
- d) Thoughts that pop up while you are not playing
- e) Notice the results that are happening and NOT happening

SAY: I want you to play as BIG as you can this week. Really put yourself into it.

1.6) How to do a great coaching practice session in class

IMPORTANT: Read the "Dyad Guide" prior to class. It will provide you with a LOT of important information about how to get the most out of your practice time in class!

- 1) Choose who will be the coach and who will be the player in the first session
- 2) Get RIGHT INTO the coaching – skip the traditional small talk
- 3) When you are the Player - be real, be yourself; tap into your desire to play BIG; AND MOST IMPORTANT: DON'T be shy about sharing where you are stuck in your big game.
- 4) When you are the Coach - **Follow the outline of the coaching dialogue;**
Ask the questions and then BE CURIOUS to clarify what your player is sharing.
You really want your player to have a great experience.
Focus on getting to know your player and their game.

Inner Freedom Method™ Coaching Playbook

5) HOLD YOUR TONGUE!; especially if you feel the urge to help resolve their issues

There IS a time and place to resolve issues, but that time is NOT now.

1.7) Review the Game for the Week

As a part of the program you will play a game using our social game platform. This is a powerful and fun way to put what you are learning into practice in your REAL life and connect and build relationships with your classmates / teammates.

IMPORTANT: You must accumulate at least 50 points in each of 3 games in order to pass the class!

To access your game card for game #1:

1) Visit the page for this program on the CV member site.

2) Click on the tab called My Game

3) Click on the link in the left column: [Play Two Win Method Game 1](#)

4) Here you can see all of the activities you can do to earn points.

REMEMBER it is a GAME! NOT a task list. You don't have to do everything, just the activities that engage you.

5) Click on the Leader Board tab to see how all of your teammates are doing!

You can click on the number link (eg [17](#)) to see each players specific game card

6) Click on the Game Board tab to see the most recent actions and comments by all players in the game

7) SHARE WITH THE INTENTION TO INSPIRE!

This is the key to playing the game well. The JUICE of the game is taking action in your life and then sharing about it with your team in such a way that they want to give you their "You Inspire Me" points! It's fun and engaging.

1.8) Highlights from the session

1.9) Complete Inner Freedom Method Dialogue

Here is a complete Inner Freedom Method Dialogue. Over the next 8 sessions we will explore 1 or 2 of the steps in each session in detail. We give you the complete dialogue here so that you can get the big picture before we dive into the details.

0) Explore for inner resistance

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

ASK: *Are there any key actions that you are avoiding, resisting?*

Listen for hesitation and uncertainty

Inner Freedom Method™ Coaching Playbook

ASK: *Are there any actions that you take through great resistance?
Where you really had to force yourself to do it?*

Listen carefully.

ASK: *What about results? Are there any key results that are not happening?
Maybe something where you are doing what you need to do but the results are not happening or
not happening often enough?*

Listen. This is often where you will find the struggle.

1) Replay the critical moment

When you play a big game you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is tool to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

1a) Choose The "moment" to focus on

Coach Note: when you know the game your player is playing, your experience will guide you to the "moment" that is most important.

ASK: *What "moment" do you think we should focus on right now?
They may know EXACTLY what it is.
OR they may not know!*

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

- **SAY:** *OK let's make sure we are clear on what is happening and not happening.*
 - **ASK:** *The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?*

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

Find a RECENT or FUTURE example to replay

- **ASK:** *Can you recall a recent example of the action or avoiding the action?*
- **If there are several...**
 - **ASK:** *which one was the most intense?"*
 - **if they cannot recall a specific example...**
 - **ASK:** *can you simply imagine yourself doing the activity in the future using visualization?*

1b) Start the Replay Technique

SAY: *we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going replay a recent moment of you playing your game and explore it for energy patterns.*

Ensure a Safe Space

Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

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- **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 recreate the scene.*
ASK: *Can you describe the scene for me?*

Listen carefully and get into the moment with them.

Make sure you can “see” it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

*** Next we will expand Step # 2 Using judgment-free awareness

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

With this step you will scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

It is VERY important that you introduce the concept of “Judgment-free Awareness” to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step out of your comfort zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a “Core intention” to keep safe / play safe / fit in. When you scan for thoughts you need to recognize that it is the “core intention” that is stirring up those thoughts.

SAY: *Now we are going to look at the moment from several different perspectives.
Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise.
You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

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

ASK: *Do you have any inklings about what the block is?*

AGAIN: Wait and Listen

3) Feel the Energy in the Body

Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

3a) Scan the Body

Inner Freedom Method™ Coaching Playbook

SAY: *Now I want you to scan your body for physical sensations.*

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

They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

ASK: *When you scan your body; What do you feel?*

Listen as they share. You can encourage them to check their gut, chest, throat...

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

ASK: *Which sensation is the most intense?*

If they are not sure, just pick one.

NOTE: if they feel nothing:

this is not likely but it does happen sometimes; often people have a challenge with feeling...

SAY: Often it takes practice to feel the subtle energies in the body. But I assure you the physical sensations are in there. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

Stay quiet. Stay certain that they can do it. Give them time to get into the experience.

NOTE: often a person will start talking and talking as a way to avoid feeling: Interrupt them gently. Ask them to just feel. The coach's certainty and comfort is ESSENTIAL here.

NOTE: if the STILL feel nothing:

This will be quite rare. But there are times when the person is just REALLY blocked and has essentially gone numb to the whole experience. If this happens you just want to encourage them to pay close attention to their body in the week ahead. You can make the most out of the situation by skipping ahead to step #8.

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

Next we will guide the player through the experience of feeling the energy in the body – just allowing 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.

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

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

3c) Debrief the experience – Listen for patterns

ASK: *What was the experience like?*

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

3d) Go Deeper (Unless it is not necessary)

ASK: *Do you feel that you are able to go a little deeper?*

If yes, Refocus them on the physical sensation;

Coach Note: VERY often the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds or 1 minute.*

Encourage them gently – this is often a BIG moment for them.

4) Scan for Emotions and Memory Pops

Emotions are a powerful source of energy that can lead to deep awareness. Mostly we have been trained to suppress them. Exploring them will reveal source of the inner resistance.

Next by exploring the emotions and “memory pops” you can connect the earlier moment to the present situation which expands awareness.

ASK: *Did you notice any emotions?*

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

Coach Note: They may or may not experience a release of the energy. Either way it is ok. Sometimes people have done similar techniques where the objective was for the energy to release. That is NOT the objective here. The objective is just to ALLOW it to be there and experience the feeling. This is enough.

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. There are several different things that can happen here; Most of the time they will remember as earlier event in life. Depending on what happened, they may or may not want to tell you about it and either way is ok.

MOST of the time it will be something that SEEMED BIG at the moment – as a young person – but now as an adult is will look like an every day event. The key is to understand it from the young persons perspective. AND sometimes the event that happened will be a traumatic experience. These things happen in life to and it is a perfectly human thing to do to talk about them. As long as – as a coach – you are not claiming to offer any healing, just understanding.

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Dialogue as much as feels right. You really only need to get the basic picture of what happened and not much more. Be sure not to get lost in the story AND ESSENTIAL to maintain judgment-free awareness toward the event and anyone else involved in the event.

The point of this exercise is NOT to get into the past, but to understand the thought process that is happening in the present.

Coach Note: This is where you cause the “memory pop”. Anytime your player experiences a physical sensation while thinking of a challenging action it is related to a past experience.

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

5) Find the Perfection in the Core Intention

At the heart of inner resistance is the intention to stay safe or stay small. (Attempting to play big brings these thoughts and feelings of resistance to the surface) Finding the perfection of this intention in your life is a key step toward freedom.

Next you label the “core intention” formed in that earlier moment in life. Then you develop a new understanding of the purpose it served in your life - this is called finding the perfection of the core intention.

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

SAY: *Typically these understandings involve keeping safe, staying small or fitting in. We call these “Core Intentions”*

ASK: *What do you think was the “core intention” you came up with in that moment.*

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

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

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

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

6) Make Your Mind Your Ally

With this step you will explore the thoughts that arise from the core intention to stay safe and then create a new pattern of thought that will support playing BIG. Here you will shift from thinking reactive thoughts to responding powerfully in the moment.

Now you can shift your conscious mind from reacting energetically to the fear associated with the earlier moment to responding powerfully to the current situation. Your mind is now open and available to new possibilities. You can now focus your thoughts on what is most important for your play BIG intentions. We call this shifting process from react to respond: “Make Your Mind Your Ally”

To do this you clarify your new Play BIG intention.

Then you ask your mind to think thoughts - possibly for the first time - that support this intention. Have fun with the experience of thinking new thoughts. You will find that when your mind is not reacting to fear, it can think some powerfully amazing thoughts!

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SAY: *What happens is this: when a current moment in your life is energetically similar to an earlier moment, your body starts to buzz with energy because the emotional component of these memories is actually stored in your body.*

Since these moments were emotionally intense, your body feels that it is in some danger. When this happens your mind starts to produce thoughts based on that fear because your conscious mind's #1 job is to keep you safe.

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

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

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

ASK: *What is your new intention?*

Listen. Also you can remind them.

ASK: *What some thoughts that you can think that will support that intention? And allow you to respond powerfully to the situations you are facing?*

ASK: *What else?*

You can keep asking for more examples until you feel that they are really in the flow of thinking openly.

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

7) Find the Perfection in the Current Situation

Here you will explore how the challenges you are facing in your current situation are serving you to make your visions a reality. When you recognize the perfection you can shift from attempting to control the situation to co-creating with reality.

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

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

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) Replay 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 with your player so that they go into the new game with a feeling of possibility.

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- **SAY:** OK. Now we are going to create a new picture for you to live into for the next game.
- **SAY:** Close your eyes again for a few moments.
- **SAY:** Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.
- (wait a few moments)

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

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

- Listen as they share about the new picture.

9) Experience the flow of gratitude

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

ASK: *When you look at all of this, can you see how amazing it is that you have this desire to play big and then all of these things have happened.? What do you see?*

Conclusion) Create the NEW Game to play and journal

- **SAY:** Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

SAY: I have an important assignment for you:

SAY: We are going to create a new game for you to play this week.

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

- a) Actions that you KNOW would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you in the game - things happening and NOT happening
- d) Practice using judgment-free awareness whenever you can.

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.

Session 2 – Step #1) Replay the Critical Moment

2.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

Pre Class Preparation...

Remember to have a few copies of the Play Two Win Method form printed to use during class.

2.2) Dwell in the Resistance

The BIG Game creates Inner Resistance – There is NOTHING wrong with you!

In this session your instructor will lead an important conversation about “Dwelling in the Resistance” And then review of a few key ideas about Inner Freedom with key differences between Inner Freedom and typical self help concepts.

Important Notes

It is very important for coaches to learn how to dwell in the resistance.

What is your natural reaction when your player is facing resistance?

Why do you do that?

What are your highlights from this conversation?

Distinctions between self help and the Inner Freedom Method

Self Help = There is something wrong with you and we can fix it!

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Inner Freedom = Inner resistance is a natural consequence of playing big, there is nothing wrong with you

Self Help = Banish negative thinking from your mind

Inner Freedom = All thoughts are useful because we can learn from them using judgment- free awareness Banishing them is impossible.

Self Help = You must learn to suppress your Emotions

Inner Freedom = Your emotions are your pathway to inner wisdom. You can learn from them.

What are your highlights from this conversation?

2.3) Examples of Inner Resistance

In this session your instructor will lead a dialogue about Inner Resistance including several real life examples. Come to class prepared to share your own examples

Important Notes

How to find Inner Resistance

1. Important actions known and avoided
2. Important actions taken through great resistance
3. Important actions are taken without desired results

The BIG QUESTION - What is NOT happening?

Real Life Examples of Inner Resistance

1) You need to make the phone call - but you are not making it.

You find yourself in the kitchen cleaning dishes; (or reading emails; on facebook)

You can use the Inner Freedom Method to discover the inner resistance - the LITTLE BIT OF FEAR - in the phone call that has you go on "auto pilot" to do something with 100% certainty

2) You want to lose 10 pounds - and have been wanting to do this for what seems like forever.

Yet, often you find yourself sitting in front of the TV eating potato chips! -

You can use Inner Freedom to find out: What is the discomfort in that moment that has you watching tv and eating potato chips for comfort.

3) You want to be a savvy business person - yet you often make decisions that counterproductive?

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Using Inner Freedom Method you can determine the cause: When you were 6 yrs old you had a little bother who was 4. You were playing games and you would always win - you were older and smarter - and your little brother would cry and run to mom. Your mom tells you not to win all the time. So sometimes you make mistakes in the game on purpose to let your brother can win. Now you are still doing it!

4) You want to a great relationship but you avoid being truthful, or assertive or asking for what you want, or saying when something is bugging you

5) In wealth creation - you want to save \$500 per month but instead you buy things that are not essential (new CD's)- why did you buy them? - Using Inner Freedom Method you can go into the critical moment in the audio store when you picked up the CD's and walked to the counter, and find out EXACTLY why. Then you will have the opportunity to make a choice that will serve you better next time.

BIG POINT! - Just a little bit of fear will divert you

When you set out to do something that is outside of your comfort zone, it only takes "just a little bit of fear" to divert you. Typically you will unconsciously move to do something where you have 100% certainty and no fear; such as walking, email, cleaning, getting coffee, eating, watching television

What are your highlights from this conversation?

2.4) Inner Freedom Method Step #1: Replay the Critical Moment

The purpose of the Replay the moment technique is to identify patterns of Inner Resistance.

Inner Resistance occurs when an individual has two energies that are in conflict. One example is the desire to take a certain action or get a specific result and the conflicting energy could be the desire to avoid activities that are outside of the comfort zone and bring up sensations of fear. Or there could be an unconscious belief that it is dangerous to be successful and that energy is in conflict with actions that create positive results.

Often these key activities and situations will come up naturally while talking about the game and results in your sessions. However, sometimes you will have to use your coaching intuition to identify and talk about where your player is avoiding something important.

Often these situations are described as procrastination or being too busy! NONSENSE! Your player is never too busy to do the most important activities that lead to playing well and winning - when there is no action there is an energy conflict somewhere.

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

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There are an infinite number of potential energy conflicts for an individual; however there are several patterns that you will see time and time again as a coach. This method will help you to see these patterns.

KEY = Hone in on a specific moment / a specific action

- You can do this with a specific moment from the recent past.
- You can do this with a typical moment for the near future
- This is a powerful visualization technique.
- By visualizing you can slow down the moment so that you can explore the thoughts and feelings that are a blur in the actual moment.
- You replay the moment to expand awareness of all of the energies that affect the players choices and actions.

What are your highlights from this conversation?

Inner Freedom Coaching Dialogue

Focus on step #1 and the situation that leads to step #1. Also do a short version of steps 2, 3, and 8.

0) Explore for inner resistance

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

We will also practice "Dwelling in the resistance".

ASK: *Are there any key actions that you are avoiding or resisting?*

Listen for hesitation and uncertainty

ASK: *Are there any actions that you take through great resistance?
Where you really had to force yourself to do it?*

Listen carefully.

ASK: *What about results? Are there any key results that are not happening?
Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?*

Listen. This is often where you will find the struggle.

1) Replay the critical moment

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Coach Note: When you play a big game you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is tool to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

1a) Choose The "moment" to focus on

Coach Note: when you know the game your player is playing, your experience will guide you to the "moment" that is most important.

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

Coach Note: They may know EXACTLY what it is. OR they may not know!
If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard during the conversation.

Clarify the Action and Desired Result

- **SAY:** *OK let's make sure we are clear on what is happening and not happening.*
 - **ASK:** *The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?*

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

Find a RECENT or FUTURE example to replay

- **ASK:** *Can you recall a recent example of the action or a time when you were avoiding the action?*
- **If there are several...**
 - **ASK:** *which one was the most intense?"*
 - **if they cannot recall a specific example...**
 - **ASK:** *can you simply imagine yourself doing the activity in the future using visualization?*

1b) Start the Replay Technique

SAY: *we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going replay a recent moment of you playing your game and explore it for energy patterns.*

Ensure a Safe Space

Coach Note: Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

- **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 recreate the scene.*
 - **ASK:** *Can you describe the scene for me?*

Coach Note: Listen carefully and get into the moment with them.
Make sure you can "see" it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

***** Next we will expand Step # 2 Using judgment-free awareness**

Inner Freedom Method™ Coaching Playbook

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

With this step you will scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

It is VERY important that you introduce the concept of "Judgment-free Awareness" to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step out of your comfort zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a "Core intention" to keep safe / play safe / fit in. When you scan for thoughts you need to recognize that it is the "core intention" that is stirring up those thoughts.

SAY: *Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

3) Feel the Energy in the Body

Your body is your unconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations.*

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

They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

ASK: *When you scan your body; What do you feel?*

Listen as they share. You can encourage them to check their gut, chest, throat...

ASK: *Can you describe these sensations for me?*

SAY: *I acknowledge your courage for noticing and feeling these things!* **ASK:** *Which sensation is the most intense?*

8) Replay 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.

Inner Freedom Method™ Coaching Playbook

Create a NEW Picture

It is important to create a new picture 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 you to live into for the next game.
- **SAY:** Close your eyes again for a few moments.
- **SAY:** Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.
- (wait a few moments)

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

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

- Listen as they share about the new picture.

Conclusion) Create the NEW Game to play and journal

- **SAY:** Our purpose was to create deeper awareness about your situation and I think we accomplished that! Way to go!

SAY: I have an important assignment for you:

SAY: We are going to create a new game for you to play this week.

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

- a) Actions that you KNOW would help you to win - but you avoid
- b) Thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too
- c) What is happening around you in the game - things happening and NOT happening
- d) Practice using judgment-free awareness whenever you can.

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.

2.5) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

2.6) Highlights from the session

Session 3 – Feel the Energy

3.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

3.2) Expand Awareness

In this session your instructor will lead a dialogue about expanding awareness

Important Notes

Why is Expanding Awareness Important?

- Because we don't see our own patterns - once something becomes a pattern the subconscious takes over and you don't see it anymore
- Proficiency: Reveal the client to themselves
- Framework: Awareness is unifying

What do you want to expand awareness of?

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

Review Inner Resistance Clues

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- 1) actions not taken / avoided
- 2) actions taken through great resistance
- 3) actions taken with poor results

What are your highlights from this conversation?

3.3) Expand the Capacity to Feel

In this session your instructor will lead a dialogue about expanding the capacity to feel and understanding the experience of overwhelm

Important Notes

Overwhelm

- Overwhelm is resisting feeling a physical sensations in the body
- The experience of overwhelm is too much feeling - it is a breaker switch that cuts off body awareness -
- The experience is feeling frozen - stuck
- I don't know what to do
- You KNOW with your body - your body is your subconscious mind
You THINK with your conscious mind using reason and logic
- The expressions "I know in my heart" or "I knew in my gut" are not metaphorical. They are physiological reality
- When you resist feeling you disconnect from your body - your body is where you KNOW
This is why you feel like you don't KNOW what to do.
- I don't know = I'm not connected to the energy in my body = I am overwhelmed
- The optimal state for powerful action is when feelings (intuition and body wisdom) and thoughts (reason and logic) are aligned

Your Body is an Energy Pipe

Your body is like a pipe that energy flows through. The size of the pipe expands throughout your younger years and you can continue to expand it as an adult through exercise. Most life experiences stir up very little energy so it flows right through us. But some experiences – especially when we are young but occasionally as an adult too – cause BIGGER energy than we can handle at that time so “go into overwhelm” and the energy gets stored in the body.

Also, when a present moment is energetically similar to a moment that is stored in the body, your body will BUZZ with stored energy.

Going into “overwhelm” is like a “breaker switch” for the pipe. Instead of flowing the energy by feeling it we store it and go numb to it or release it with a physical reaction like crying or laughing.

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This is also the explanation for the myriad numbing activities (when done to excess) that humans are known for: alcohol, drugs, television, sex, shopping, caffeine, sugar

What about "too much to do" overwhelm?

You can only do what you are doing right now.
Overwhelm is how you feel about what you are not doing.

What about "too much information" overwhelm?

This is usually caused by intense feelings of fear of disappointing yourself or someone else because of what you won't be able to do if you can't retain all of the information.

What about "too many choices" overwhelm?

this is caused by intense feeling of loss about what you don't choose. or fear of choosing the wrong one.

Expand the capacity to feel

Expanding the capacity to feel is like expanding the size of your pipe. More can flow through without getting stuck.

The benefits of expanding the capacity to feel?

- Greater access to wisdom
- Less experience to overwhelm
- Great ability to stay "present" in the moment no matter what is happening or not happening
- doing the feel the energy exercise is like going to the "feeling gym" to expand your capacity

Key point: BIG job of coaching is to expand capacity

Capacity is like a pipe - expand the bandwidth so more can flow - less overwhelm, less freezing, more presence, more freedom and power in the moment

What are your highlights from this conversation?

3.4) Inner Freedom Method Step 2: Use Judgment-free Awareness

In this session your instructor will lead a dialogue about judgment-free awareness

Important Notes

Common Judgments

Something is wrong with me because...

- I have negative thoughts; or
- I didn't do something I wanted to do; or
- I am not getting the results I wanted; or

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- I keep revisiting the same issues in every workshop I do
- I keep making the same mistakes
- (the trouble with self-help)

Inner Freedom Framework

All thoughts, feelings and actions serve some purpose

There was a wisdom appropriate at the moment the pattern started
AND that pattern may not serve your new intention to play a bigger game.

Judgment-free Awareness

- Freedom from the chorus of voices calling for perfection / batting you around
- Accepting & welcoming what is
- Being curious and watching as we play & absorbing it -> while moving toward our picture of ideal
- Concept first made popular by Timothy Galway in the "Inner Game of Tennis"

In the Replay the Moment method there was a part where we explored the thoughts that occurred during the "Moment". Today we will expand that part of the method using judgment-free awareness.

It is good to know a LITTLE bit about the conscious mind

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

A) The Mind is a powerful thing!

It is Creative AND Destructive

Conscious - Subconscious

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

Your Body is your subconscious mind = Intuition + Knowing

Your Brain is your conscious mind = Thinking + reasoning

B) Prone to fantasy, delusion and magical thinking

we love: movies, novels, stories

C) Prone to suffering

Byron Katie: all suffering is an argument with reality

D) We ARE Light AND Darkness // NOT good or bad

Some thoughts reveal the light. Some thoughts reveal the darkness.

What are your highlights from this conversation?

Inner Freedom Method™ Coaching Playbook

3.5) Inner Freedom Method Step 3: Feel the Energy in Your Body

In this session your instructor will lead a dialogue about Step #3) Feel the Energy in the Body

Important Notes

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

- The exercise is remarkably simple and extremely powerful.
- The simple explanation is that you will shift from resisting the uncomfortable physical sensation to simply "allowing" it to be there.
- Somatic (of the body) - fully accepted part of coaching. have no fear that this is therapy because you are talking about feelings and emotions.
re: the fear of digging up old stuff that you can't handle...
it doesn't happen like that - the natural breaker switch will prevent it
- There are many nuances to the technique several of which are embedded in the coaching dialogue.
- For MANY people this will be the first time they attempted to Focus on the "uncomfortable" Feeling rather than the natural response which is resist or avoid it.
- Your coaching presence with them makes a HUGE difference in their ability "stay with it" when their habit since forever is to NOT feel it.
- TALKING IS A COMMON DIVERSION: There are a few simple questions that you will ask them to bring their awareness to the "feeling". It is important that you NOT get lost in these questions or get into long conversations about it.
Remember: Your player has been avoiding feeling for most of their lives so this will seem pretty scary. and they will likely try a few avoidance techniques with you.
- Your gentle persistence and encouragement is essential in the method
- Often your player will have several different sensations. Ask them to choose the one that is most intense.
- Often while they are feeling the sensation is will dissipate or disappear. These are both natural occurrences but NOT the objective of the exercise. The objective is the experience of feeling - whether the sensation stays or goes does not really matter.
- Often while they are feeling the sensation it will "move" to another part of the body. Track it. Do the same exercise on the feeling in the new location.

What are your highlights from this conversation?

3.6) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

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** Coaching Dialogue **

Go quickly through steps 0 and 1
Go into detail in steps 2 and 3
Go quickly through step #8

0) Explore for inner resistance

This is when your player is resisting or avoiding an important action of the game. Or where they are doing the action but they REALLY have to force themselves to do it; they do not have ease. OR they are doing the activity but they are not getting the results that they expect.

When any of these situations are occurring, it is a good time to use the Inner Freedom Method

ASK: *Are there any key actions that you are avoiding, resisting?*

Listen for hesitation and uncertainty

ASK: *Are there any actions that you take through great resistance?
Where you really had to force yourself to do it?*

Listen carefully.

ASK: *What about results? Are there any key results that are not happening?
Maybe something where you are doing what you need to do but the results are not happening or not happening often enough?*

Listen. This is often where you will find the struggle.

1) Replay the critical moment

When you play a big game you experience inner resistance (fear) to certain actions; and certain expected results don't happen. This first step is tool to find the critical moments where inner resistance is restricting positive action. You do this by looking straight at what is NOT happening.

1a) Choose The "moment" to focus on

Coach Note: when you know the game your player is playing, your experience will guide you to the "moment" that is most important.

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

They may know EXACTLY what it is.

OR they may not know!

If it is not clear which action is THE most important, just pick one that seems really important right now. You may need to suggest one from what you have heard.

Clarify the Action and Desired Result

- **SAY:** *OK let's make sure we are clear on what is happening and not happening.*
 - **ASK:** *The activity that you are struggling with is X?
And when you do X (the action), what do you want to have happen?*

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

Find a RECENT or FUTURE example to replay

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

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- **If there are several...**

ASK: *which one was the most intense?"*

- **if they cannot recall a specific example...**

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

1b) Start the Replay Technique

SAY: *we will use a visualization technique called: "Replay the Moment". You know how in sports they use instant replay to slow down the moment so everyone can see what REALLY happened? Well, that is what we are going to do right now in your game. We are going to replay a recent moment of you playing your game and explore it for energy patterns.*

Ensure a Safe Space

Make sure they are in an environment where it is safe to close their eyes for a few moments. Eg. Not driving. Not in a busy public place. Not watching something on the stove top. Not chopping vegetables.

- **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 recreate the scene.*

ASK: *Can you describe the scene for me?*

Listen carefully and get into the moment with them.

Make sure you can "see" it with them based on what they are describing.

Coach Note: Some people are more fluid with visualization than others. Let them dictate the level of detail they describe.

*** Next we will expand Step # 2 Using judgment-free awareness

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

With this step you will scan the mind for thoughts that reveal patterns of reaction or charged energy. It creates a safe space to acknowledge fear.

It is VERY important that you introduce the concept of "Judgment-free Awareness" to the player. This idea makes a HUGE difference in the exercise and often sparks an experience of self-discovery for the player.

Understand that when you step out of your comfort zone, your body experiences the buzzing sensations associated with fear. Then your mind becomes the strong ally of a "Core intention" to keep safe / play safe / fit in. When you scan for thoughts you need to recognize that it is the "core intention" that is stirring up those thoughts.

SAY: *Now we are going to look at the moment from several different perspectives. Just keep breathing naturally; keep your eyes closed and we'll talk together.*

SAY: *It is very important that you **maintain judgment-free awareness** during this exercise. You need to imagine that we are both looking at this situation as interested and caring yet detached observers. This will help us expand awareness more easily.*

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

SAY: *Take your time. Continue to see yourself in the scene while being curious about everything that was going through your mind at that moment.*

Just wait and listen

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

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ASK: *Do you have any inklings about what the block is?*

AGAIN: Wait and Listen

3) Feel the Energy in the Body

Your body is your subconscious mind. All resistance begins as a subtle (or not so subtle) physical sensation. e.g. I feel something in my chest. Feeling the energy in the body will shift you from resisting to allowing.

By actively feeling the buzzing energy in the body - just allowing it to be there - you can dissipate the fear because feeling allows the stuck energy of fear to flow through.

3a) Scan the Body

SAY: *Now I want you to scan your body for physical sensations.*

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

They may have lots of words coming up; For many people feeling is something they have resisted for a long time. And talking is a common way to avoid feeling.

Listen patiently and then...

ASK: *When you scan your body; What do you feel?*

Listen as they share. You can encourage them to check their gut, chest, throat...

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

ASK: *Which sensation is the most intense?*

If they are not sure, just pick one.

NOTE: if they feel nothing:

this is not likely but it does happen sometimes; often people have a challenge with feeling...

SAY: Often it takes practice to feel the subtle energies in the body. But I assure you the physical sensations are in there. I want you to really quiet your mind and feel your body: check your gut, your solar plexus, your heart, your throat, your back, your shoulders, your head, a general feeling all around you.

Stay quiet. Stay certain that they can do it. Give them time to get into the experience.

NOTE: often a person will start talking and talking as a way to avoid feeling: Interrupt them gently. Ask them to just feel. The coach's certainty and comfort is ESSENTIAL here.

NOTE: if the STILL feel nothing:

This will be quite rare. But there are times when the person is just REALLY blocked and has essentially gone numb to the whole experience. If this happens you just want to encourage them to pay close attention to their body in the week ahead. You can make the most out of the situation by skipping ahead to step #8.

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

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Next we will guide the player through the experience of feeling the energy in the body – just allowing 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.

3c) Debrief the experience – Listen for patterns

ASK: *What was the experience like?*

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

3d) Go Deeper (Unless it is not necessary)

ASK: *Do you feel that you are able to go a little deeper?*

If yes, Refocus them on the physical sensation;

Coach Note: VERY often the physical sensation will move to another place in the body.

SAY: *I will time you for another 30 seconds or 1 minute.*

Encourage them gently – this is often a BIG moment for them.

3e) Explore the meaning of the physical sensation as a “block”

This is an interim step that will be replaced by step #4 the next time you do it.

ASK: *What do you think the physical sensation is about?*

ASK: *What might it be trying to say to you?*

8) Replay 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

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It is important to create a new picture 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 you to live into for the next game.
- **SAY:** Close your eyes again for a few moments.
- **SAY:** Now replay the scene the way you want it to be; imagine you have power, freedom and the capability to make the right moves.
- (wait a few moments)

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

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

- Listen as they share about the new picture.

Conclusion) Create the NEW Game to play and journal

- **SAY:** Our purpose was to create deeper awareness about your situation and the unconscious patterns at play and I think we accomplished that! Way to go!

SAY: I have an important assignment for you:

SAY: We are going to create a new game for you to play this week.

As you play the game this week, take a time out from time to time to NOTICE AND JOURNAL about the experience. Make notes about:

a) Physical sensations that buzz in your body as you resist the actions that are important to your game

b) Notice thoughts that pop up while you are playing that are not supportive of YOU or playing well
Notice these thoughts while you are not playing too

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.

3.7) Highlights from the session

Session 4 – Make Your Mind Your Ally

4.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

4.2) Inner Freedom Method Step 4: Scan for emotions and “Memory Pops”

In this session your instructor will lead a dialogue about the experience of “Memory Pops”

Important Notes

After you do step #3 - Feel the energy in the body...

there is a powerful next step where you explore with your player the source of this energy they are feeling in their body.

Understanding memory pops

If you have practiced the Inner Freedom method of feeling the energy in the body (with yourself or with a player) over the past week then you have probably experienced a “Memory Pop”. A Memory Pop is when a memory of a past event or experience “pops up” while feeling the energy in the body. This is a very common phenomenon because the buzzing energy in the body is connected to a past event.

As we go through life we experience events; some that involve us directly, others that we observe. Some events happen thousands of times like eating a meal. Some events happen rarely – like a parent or sibling dying. All events that we experience have energy but some have a lot more energy than others. Most events have little energy so the energy easily flows through the pipe. Some events are more energetically intense. The intensity of the event is relative to the size of your pipe (capacity to feel) at the time.

So, when you are small, and your capacity to feel is small a LOT of the events that you experience are too big for the pipe. When this happens the energy stays in the body rather than flowing through.

Then, any time an event happens in the present that is energetically similar to the past event, the place in the body where the energy was stored will “BUZZ”. This “BUZZING” energy is uncomfortable so most of the time we avoid activities, thoughts or even notions that start up a buzzing energy.

THEN... we decide to play a bigger game in life and certain actions that start a buzzing energy can no longer be avoided. This is where YOU – the Coach – come in!

When you have your player feel the BUZZing energy VERY often the memory of a past – energetically similar – event will pop up. And often your player will share this memory with you.

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Most of the time, these events are benign but every once in a while they will be rather traumatic. And of course what is seen as benign or traumatic is relative for both the player and the Coach. In any case, your job as the Coach is to be fully present without getting lost in your player's emotions from the event.

An example:

At age 4 your mom lets you play in the yard and says: "don't talk to strangers"; one day you are out there playing and an interesting looking person is walking by. You want to play with them so you run over and start talking to them.

Your mom freaks out.

This feels REALLY bad and it is very confusing. This is way too much energy to handle so you start crying and then your mom freaks out even more. The emotional energy of this experience gets stored in your body

You have the thought: it is safer if I don't talk to strangers. This becomes a "core intention" to avoid trouble by avoiding strangers.

And this pattern serves you well when you are a child - both avoiding danger and keeping your mom from freaking out.

Then you are 40 and starting a business and your coach says to go to networking events to meet potential customers. And now YOU are freaking out! (or simply resisting going) your mind comes up with lots of reasons NOT to go to networking events.

You feel the buzzing energy in your body when you simply THINK about going to the event.

When you feel into this buzzing energy, you have a "memory pop" of your mom freaking out when you walked up to a stranger as a four year old.

Buzzing energy sparks reactive thoughts

This is the mechanism that creates REACTIVE THOUGHTS and is a BIG INSIGHT:

Your conscious mind thinks thoughts that will justify your bodys experience

It starts with an uncomfortable physical sensation in the body;

If you resist it, your mind will start to justify why that feeling is true - **you are in danger**.

A little example:

- So when you think: I should go to a networking event to meet new people and move forward in my BIG game! YES! That is a great idea.
- This idea is energetically similar to what happened when you were 4 years old.
- Your body starts to buzz with energy which is uncomfortable.
- You probably don't pay too much attention to the buzzing but you suddenly "feel" that going to a networking event is a bad idea - even dangerous.
- Then your mind - which is programmed for survival - starts to "think" a lot of thoughts that justify NOT going to the event that just moments before you thought was a great idea.
Thoughts like:
"Oh, I can't go that night, my favorite TV show is on." Or
"I can't go to that networking event, my business cards don't have a nice logo"
- Basically, in the presence of this "feeling of danger" your mind will go to great lengths to create thoughts - even ridiculous ones - to justify the feeling and avoid the danger.
- Remember, going to the event was perfectly aligned with your new big game, it makes logical sense to go, but the fear is the stronger energy.

YOUR Conscious Minds #1 job - keep the body safe and alive!

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What are your highlights from this conversation?

Here is how to do it.

After your player feels the energy in the body.

Ask them: Did you notice any emotions coming up while you were feeling this energy?

Listen for energetically charged thoughts
it is OK if they didn't notice any emotions

Then ASK: When was the first time you remember feeling this energy?

Wait patiently.

A memory pop will usually happen.

Tell them: you don't have to tell me the details about what happened if it is too personal!

4.3) Inner Freedom Method Step 5: Name the Core Intention and find the perfection

Next your instructor will lead a dialogue about Core Intentions

Important Notes

Find the perfection of the Core (subconscious) Intention

So we keep going with our example.

- The thought of going to a networking event causes you to feel buzzing sensations in the body and your mind comes up with 20 reasons why you cannot go to this event! e.g., too busy! I don't have business cards! These emails are more important!
- This is your mind serving your "core intention" to stay safe and avoid talking to strangers.(and the core intention to avoid making your mom freak out!)
- When your body is buzzing with energy you basically have the capacity that you had at the time that energy got stored in your body.
- So during those moments you will literally "feel" like a 4 year old.
- If you "think" about it logically the resistance doesn't make sense. BUT logic does not help you here because when your body feels fear it takes over.
- This is called "inner resistance" because the core intention to stay safe conflicts with the intention to play big and meet new potential clients. When the intentions are in conflict you experience inner resistance
- Traditional personal development concepts often urge the person to BANISH NEGATIVE THOUGHTS from your mind. This does not work because your conscious mind is not in charge when you feel fear!

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- Instead we teach judgment-free awareness. Your mind is simply serving an old "core" intention rather than your new Play BIG intention.
- The next step is to create an understanding of the core intention and see the perfection of how it was created. Embrace it rather than fighting it. This creates peace and an understanding that your mind is capable of serving whatever intention you choose AS LONG as you feel the energy first to eliminate the fear.
- This is why it is critical to practice feeling the energy first - THEN explore to find the core intention.
- Learn from each thought and seek to understand the CORE INTENTION it is serving. Seeing it this way is extremely freeing to most people. "You mean my mind is OK?" Yes. Your mind is awesome - NOW let's get it to serve your new "conscious" intentions instead of your old "unconscious" intentions from when you were small.

What are your highlights from this conversation?

IMPORTANT RECAP

- a) The memory pop helps you understand what happened to create the energy AND put words around the "core" intention.
- if your player does NOT have a memory pop, you can still find the core intention by simply "speculating" about the source of the resistance.
e.g.: You seem to be resisting going to the networking event: Your thoughts are serving a core intention that has more power than your intention to build your business. What do you think the core intention is?

4.4) Inner Freedom Method Step 6: Make your mind your ally

Next your instructor will lead a dialogue about Making your mind your ally and how to shift from React to Respond

Important Notes

From React to Respond by Thinking Clearly

Shifting: From react to respond

React - your mind supports your core intention (usually something keeping safe, staying small or fitting in)

Respond - Your mind chooses to support your NEW intention to play BIG

Your mind is your ally when you can think clearly about the current situation without emotions from the past clouding the picture.

This is why thinking comes AFTER feeling the energy. When your body is feeling buzzing energy from the past it will cloud your thought process.

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When you feel the energy your body relaxes and then your mind is free to think thoughts that are aligned with your BIG Game. This is when your mind becomes your ally.

Another BIG point here. When you feel and relax the energy caused by core intentions 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 CORE - unconscious – INTENTION to keep safe, stay small or fit in. And they are serving IT in a positive way. There is nothing wrong with the thoughts you have.

All thoughts serve a purpose. They may NOT be serving your new intentions for your new game – but they ARE serving something.

Your mind is powerful and we will make it your ally by creating awareness of the CORE INTENTION, seeing the value it has had and then choosing a new intention. “Personal Growth” occurs when you expand your palette of intentions and corresponding thought patterns and consciously choose .

What are your highlights from this conversation?

4.6) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

4.7) Highlights from session

Session 5 – Find the Perfection

5.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

5.2) Understanding Frustration and the shift from control to co-create

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

Important Notes

The experience of Frustration

- unfulfilled expectations
- worse than expected
- things don't go according to plan
- know your purpose but it is not happening
- or not sure what you should be doing and trying so many things and not getting results
- everyone else can do it but I can't
- this is not fun, I can't, why am I doing this. - doubt
- trying to do something - not working
- picture of results - the way it should be but its not happening
- AND - you keep going for it - you are not in apathy

Shift from Control to Co-create

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

What are we trying to control?

- people- (and they want to control you too)
- results

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- the outcome
- the steps to an outcome
- circumstances
- the environment
- dogs (funny)
- our own reactions / perceptions

Co-create

Co create is when you are in the flow with what is happening in the world around you. You have an over arching understanding that whatever IS happening, is serving your purposes in some way; EVEN when what is happening seems to be going against your purposes. Also called being in tune with reality

What are your highlights from this conversation?

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

Next your instructor will lead a dialogue about understanding perfection

Important Notes

Understanding Perfection is essential to masterful coaching

It is one of the coaching proficiencies: Recognize the perfection in every situation

And one of the frameworks

There is a perfection in every situation.

It allows you to be fully engaged in the flow of right now, empowered and resourceful

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

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

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

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

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

Clarity or purpose and clarity of intention make is easier to see this framework

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

However, you have to know HOW the universe plays!

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

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

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

What are your highlights from this conversation?

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

In this session your instructor will lead a dialogue about Inner Freedom Step #7

Important Notes

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

Look at current challenges and see how they are serving you

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

What are your highlights from this conversation?

5.5) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

5.6) Highlights from the session

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Session 6 – Experience the Flow of Gratitude

6.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

6.2) Inner Freedom Method Step 8: Replay the moment with new pattern language

In this session your instructor will lead a brief introductory dialogue about creating new pattern language. This topic will be covered in much greater detail in the next few sessions

Important Notes

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

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.

Can they even allow themselves to see a new experience? What level of detail can they see and share?

AS you listen you will pick up on phrases that have more energy for them. YOU will be able to feel it as you listen.

Then together you start to create a phrase - pattern language – to capture the essence of the new experience with energy and positive emotion.

What are your highlights from this conversation?

6.3) Inner Freedom Method Step 9: Experience the flow of gratitude

In this session your instructor will lead a brief dialogue about Step #9

Important Notes

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

This is the ultimate purpose of the Inner Freedom Method.

It starts with the purpose to play BIG – expressing your talents in a way that adds value to the live of others. When you play BIG with a heart-guided intention a LOT of energy starts to flow.

Then you feel the energy in your body and re-create your understanding of energetically charged events in your past. You see how they served your bigger purpose.

Then the body feels safe.

Then your mind opens up and begins to think in terms of possibility rather than survival.

Then you start to see and experience the perfection of the current moment. Your experiences of support and challenge are ALL serving your hearts intention.

You begin to see that the universe IS playing on your team; then that shifts to you seeing that you are on the Universe’s team! Where do you think your hearts intention came from in the first place???

When all of this comes together – you feel it deep inside of you; Then you are truly free to play BIG, express yourself fully, 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...

First you must become THIS.

When you understand the cycle: “you desires attract experiences to cause you to expand and allow the desire to unfold” you can play big and enjoy ALL of it.

What are your highlights from this conversation?

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6.4) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

6.5) Highlights from the session

Session 7 – Memory

7.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

7.2) Expand your ability to create maximum value and awareness from “memory pops”

In this session your instructor will lead a dialogue about creating memory pops

Important Notes

Does YOUR capacity to feel affect your player?

- 1) Your Coaching Presence is a HUGE gift
- 2) A player will only share a memory that they feel YOU can handle
- 3) You can talk about anything YOU are comfortable with
- 4) If you are not comfortable talking about a memory...
 - a) help them make a plan for who they can talk to.
 - b) shift the attention to the present moment and how they can bring wisdom to the situation

See the perfection - the key to coaches comfort is practice and ability to see the perfection; power in the moment; increased self- worth

To get a memory pop...

When having them feel the energy in the body,
ASK "when was the first time you remember feeling this energy in your body".

WAIT and LISTEN.

move forward with the method

Key points about how emotional energy gets stored in the body

AS we have already discussed, any experience that has MORE emotional energy than you are equipped to handle at the moment - will be stored in your body.

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MOST events that are emotionally overwhelming to you as a child are seen as "normal" or "part of life" as an adult.

AND ... IMPORTANT

Death and abuse ARE a part of life.

You will have memory pops with players where they were abused or they were a party to a tragic event.

What to do when the memory pop reveals an experience of abuse or tragedy...

- 1) Be fully present - compassionate AND not getting lost in the story or taking sides
- 2) Warmly matter of fact - you embrace that this happened - RELISH TRUTH
- 3) Recognize the perfection - you hold the deep truth that no matter what happened there was a perfection to it.

Somehow what happened fueled them through life in some positive way.

- 4) Don't DWELL on what happened!

Go right into - what conclusion did you come to about life?

This is where you will find the pattern language of the core intention.

- 5) Move through the method - focusing next on what is the perfection of core intention.

How did it protect you?

Or

How did it propel you forward in life?

BIG INSIGHT

In an abusive situation there is usually some inner response like:

I am going to prove to you that I AM somebody.

OR

It is not true what you are saying about me.

This "I will show you" is a POWERFUL source of fuel that propelled your player forward in life.

How to deal with a memory pop of a traumatic moment

- 1) Remember, they will only share the details if they feel safe with you, that they feel that YOU can hear it.
- 2) if they share something that YOU are not comfortable talking about, ask them not to get into the details. just explore the core intentions that came out of the moment
- 3) As a coach you can talk about ANYTHING that you feel comfortable talking about. You are a life coach. so anything in life is possible to talk about. (Even if you think of yourself as a business, career, executive coach etc. you are still in the domain of a "life" coach. So be prepared for ANY part of life to enter into your coaching sessions.)
- 4) Many coaches fear that talking about past moments that were traumatic is doing therapy. it is not! Talking about past moments is a fully human experience and can not be "owned" by any profession. It is only therapy if you claim or attempt to heal it in some way. You are exploring the past moment to come to an understanding of the patterns.
- 5) As a byproduct, it is often a "healing" experience but that is not your focus. Remember you are not trying to release it or fix it. You only want to understand it to name and understand the core intentions.

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What are your highlights from this conversation?

7.3) What is pattern language?

In this session your instructor will lead a dialogue about Pattern Language

Important Notes

Abera Ca Dabera

First we have to understand the power of words.

Have you heard of the phrase used by magicians:
Abera Ca Dabera:

It was first used by Harry Houdini who was a great escape artist.

It comes from the Aramaic language
It means: I create as I speak

Your language CREATES your life vs. your language is a report about your life

You have the power to use pattern language to create moments when you feel alive.

Pattern Language

A Pattern Language was first distinguished by the Architect / Philosopher Christopher Alexander in the Book: "A timeless way of building"

A pattern language captures the essence of an experience.

People speak in patterns. some patterns bring the person to life, some drain the person of life.

When you tune into your player, you will hear the phrases that have strong energy - both enlivening and deadening.

As we go deeper into the Inner Freedom Method the big idea is to tune into the phrases that have energy as you go through the steps.

Then you can help them create a new experience of life by creating new language patterns.

The BIG POINT - if you just try to create the new language without first creating freedom around the existing language it does not work. This is why just saying new affirmations rarely brings about change.

What are your highlights from this conversation?

7.4) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

7.5) Highlights from the session

Session 8 – Pattern Language for Core Intentions

8.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

8.2) Quick review – When to use the Inner Freedom Method

In this session your instructor will lead a brief dialogue about additional coaching situations where the Inner Freedom Method can be used very effectively.

Important Notes

The situations we have already discussed...

- 1) When they are not doing something they intend to do
- 2) When they are powering through their own inner resistance to do something important. It is a struggle; they have to FORCE themselves to do it.
- 3) When something is not happening even though they are taking action -a desired result

Also when...

4) They have hesitation or fear about something they are about to do

- it is very powerful to use Inner Freedom to expand their capacity to feel BEFORE they do it.

5) they say "I don't know" or "I don't know what to do"

Note: when someone says "I don't know" this means that they are not feeling their body. Thinking - logic and reason - are in the head / conscious mind; knowing is in the body

So.. I don't know means

- a) I can't figure this out with logic AND
- b) I can't access my intuition

I can't access my intuition means I can't access the wisdom in my body

6) if they say: "I am overwhelmed"

Overwhelm happens when you are not able to feel.

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Overwhelm is not caused by too much to do. You can only do what you can do. So overwhelm is caused by the energetic feeling about what you will not do.

In other words, how you FEEL about what you can't do is what causes the overwhelm

So the key is to practice feeling the energy so that it flows through then you can be fully present to what you ARE doing.

What are your highlights from this conversation?

8.3) Expand your understanding of the Pattern Language of Core Intentions

In this session your instructor will lead a dialogue about Using Pattern Language to define Core Intentions

Important Notes

What is a core intention?

- It is a decision you make about what YOU must do to survive in this world (to avoid pain)
- It is a decision you make about what you must NOT do to survive in this world (to avoid pain)
- An intention to: Keep safe - Stay small - Fit In
- An intention to stay out of sight - avoid trouble
- The subconscious feeling/thoughts that drive MOST of our behavior
- Core Intentions are your story of where you fit in the world
- Your beliefs about how the world works for you.
- Avoid Disappointment - especially by not asking for or going for what you really want

Key Distinction: Pattern Language

1. Pattern language is a phrase that captures the essence of the experience.
2. You want to find a phrase based on what they share about the earlier moment that really captures the energy and emotion of the experience.
3. don't try to be nice about it NOR judgmental
4. shine the light on it by stating it plainly
5. if it was a painful decision to make about life state it in a way that captures the "pain"
6. emphasize that this is a pattern of thought
7. They can probably think of many instances where it played out in a similar fashion after the original time.
8. This is because once we make a decision about how the world works, the world works that way.
9. We mostly see and experience in the world around us what is already in our minds.

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10. Until we use Inner Freedom that is ;-))

Examples: Language patterns we use to keep ourselves small

- > "nothing I do is enough so it is best if I don't try too hard"
- > "If I win I will suffer, so I won't win"
- > "If I go for what I really want I will be rejected or disappointed, so it is better if I don't ask"

What are your highlights from this conversation?

8.4 Find the perfection of the Core Intention

In this session your instructor will lead a dialogue about how to combine the key ideas of finding the perfection with the Core Intentions

Important Notes

This is the deepest part of the method

It is based on the coaching framework that there is perfection in every situation

"Finding the perfection" means

To see how it served you in life

To see what you did in the world as a result of it

To see what you learned from it

To see who you became as a result of living this pattern and how that served you

To see how it fueled you in some way; eg. "I'll do this now to fit in, but when I am free of here I will show you this is NOT who I am!"

It revealed a core value that have lived into

Fitting into your family or circle of friends is essential to survival as a young person

You find the perfection of the core intention and how it served your life!

So if with Natasha's example: at 8 years old she feels that if she wins the bike she will suffer the rage of her sisters.

so she fails the test on purpose

the core intention - if I win I will suffer

it served her in staying close to her sisters - fitting in with her family

How did that intention and your life that followed prepare you for something BIG?

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How did the early event reveal or strengthen your core values?
> it is the THING that was missing in the earlier time.

Player Natasha - suppressed her talents to fit in with her family
> Her CORE Value - FREEDOM to be yourself in the world

How does that core intention explain how you are stuck now?

In other words it served a purpose when you were younger and the game you were playing at that time – like the fit in with my family game, now it is NOT serving your new game to play BIG in the world.

What are your highlights from this conversation?

8.5) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

8.6) Highlights from the session

Session 9 – Create New Pattern Language

9.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

9.2) The Bus, the Bus Driver and... what else?

In this session your instructor will lead a dialogue about a quirky metaphor of a bus and a bus driver that helps explain the Inner Freedom Method

What are your highlights from this conversation?

9.3) Expand your ability to create new pattern language

In this session your instructor will lead a dialogue about creating new pattern language

Important Notes

Pattern Language:

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

Here are 4 steps to identify the pattern language of the core intention and then create new pattern language

Step 1) as your player is sharing about the core intention or current situation you listen for phrases that are "charged".

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Step 2) You dialogue with your player to hone in on a phrase that really captures the essence of the core intention that was formed earlier in life.

Step 3) Then you create new patterns based on who the players WANT to become.

Step 4) Use tools to align with a new pattern language

a) Practice thinking the new pattern.

b) Practice by visualizing the critical moment with the new pattern in mind

Also...

c) Personal Environments Coaching (Level 3) is where you put the new pattern into the environment so that it calls you forward.

What are your highlights from this conversation?

9.4) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

9.5) Highlights from the session

Session 10 – See the Perfection = Self Worth

10.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

10.2) Recognizing Perfection expands your self-worth

In this session your instructor will lead a dialogue about recognizing perfection and how it expands self worth

Important Notes

Seeing the Perfection in the current situation and the core intention is an essential part of the Inner Freedom method.

EVERY situation you hear about in class adds to your understanding and awareness and makes you a better coach. By sharing your example, you help EVERYONE become a better coach.

Your instructor will ask you to share an example from your life; either a current situation where you can see the perfection of the challenge, a core intention that you can see how it served your life in an important way.

Come to class prepared to share insights from your example.

When you see a current situation or core intention from the Perfection Perspective in greatly increases your self-worth. because you begin to see that the universe is on your team vs. when you feel the universe is conspiring against you - it depletes your self worth.

This helps you move from attempting to control to co- creating with the universe!

How did we come to see that the Universe is conspiring against us?

When we are small we perceive everything in the world as directly related to ourselves. We learn from the big people around us that:

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good things happen to good people and
bad things happen to bad people.

The big people are not being malicious in teaching this to the little ones, it is just how THEY learned to manipulate little people to doing what they are told to do.

So when anything bad happens around us or to us it must mean that we are bad.

This perception quite naturally finds its way into our core intentions and becomes a pattern of thinking and seeing the world.

However with practice you can see the world of your personal circumstances and events in a new way

You can practice seeing the perfection in both

- Core Intentions from earlier experiences (choices to stay safe) - how they served you in becoming who you are today.
- Current challenges and situations – how they are serving you in becoming a bigger player

How can a challenge serve your intentions to play BIG?

- **It is asking you to expand who you are in the world**
- **It is serving your intentions to add value to the lives of others**
- By fueling your desire to accomplish something
- By bringing awareness to your core values
- By bringing awareness to your deep desires (or awareness of what you don't desire)
- By expanding your capacities to add value to others

Imagine the universe has created this situation to challenge you to step up.

Who is the Universe ASKING you to become???

What are your highlights from this conversation?

10.3) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

10.4) Highlights from the session

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Session 11 – Critical Moments of Choice

11.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

11.2) Finding and coaching critical moments of choice

In this session your instructor will lead a dialogue about critical moments of choice

Important Notes

What is a critical moment of choice?

- A recurring moment that has a big impact on your results
- A moment where subconscious patterns are moving you away from critical actions
- A moment where you are out of your comfort zone
- A moment where you are doing something that will have a big impact like a presentation to influential people

What are your highlights from this conversation?

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11.3) Re-Visit the BIG Question: What are you resisting?

In this session your instructor will lead a dialogue about you and your game. We are nearing the end of the program. Is there something in your big game where you are facing inner resistance that you have not yet explored? Now is the time to do it!

Come to class prepared to share!

What are your highlights from what your team mates shared?

11.4) Coaching Demonstration & Practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

11.5) Highlights from the session

Session 12 – Becoming precedes results

12.1) Welcome back! Celebrations and Challenges

Come to class prepared to share!

What is a win from your playing or coaching that you can celebrate with the team?

What is a challenge from your playing or coaching that you can share with the team?

12.2) Becoming precedes results

In this session your instructor will lead a dialogue about how becoming precedes results

Important Notes

In ANY big game, there is someone you must BECOME before you are able to get consistent results. This is the nature of play: WHO you are as a person and player is what determines your ongoing success in the game. So often there is a lag between all of the effort you are putting into improvement and when you start to see the results you are expecting.

What are your highlights from this conversation?

12.3) My certainty is greater than your doubt

In this session your instructor will lead a dialogue about this coaching mantra: My Certainty is Greater than Your Doubt.

Important Notes

The distinction between arrogance and certainty

Arrogance is when you think that you know. And your ego is tied into proving what you know.

Certainty is when you know that you know AND you know that you don't know. You are confident and humble at the same time.

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As a coach you have certainty in your Method

As a coach you have certainty in your own ability

As a coach you have certainty in your player and their ability

People HAVE doubts!! This is a good thing because if there were no doubts there would be no coaching!

How has this program increased your certainty as a coach?

What are your highlights from this conversation?

12.4) Coaching Demonstration and practice

Your instructor will play a recording of a coaching session that demonstrates this portion of the method. Then they will instruct you as to which portions of the method to practice with your partner.

12.5) Program Highlights and celebrations

Highlights from what your classmates shared...
