

Alana:

Abbey, let's just start with a little business.

Abbey:

Yes, absolutely. So just a couple things for you. I have started a WhatsApp group for us, to be able to have ongoing connection after the course is done. Some of you have received an invite from me through WhatsApp. I texted a link to the group. If you have any problems getting in or just any questions, please let me know and I'd be happy to help you. And with that app, you can text and send photos and videos and connect with everybody in the group. You can also set up your notifications, if you want to get pings every time someone sends a message or how you want those to come into your phone.

Abbey:

And I'm also happy to help you navigate that if you have questions. Then the second piece, is we have scheduled our three bonus sessions. These bonus sessions are a way if you have questions or would like to discuss something or just needing some support around some coaching, you can come to one of these three sessions. They'll run between 30 and 60 minutes, and it'll be at our normal time on three different dates. I included those dates in an email for you, but that is August 2nd, and these are all Tuesdays, August 2nd, September 6th and October 4th. We will use the same link that we have been using this whole time, and I will send that out in the reminder emails, but it'll be the same link that you're on right now. So I think that's the business parts. Any questions or anything?

Alana:

Yes, if you need help downloading the WhatsApp app, Abbey will help you. Those things are getting pretty simple these days, but you can hit a snag, so don't feel shy about getting that downloaded. And you can set it so you don't get any notifications and then it'll never bother you. But if you want to know when people are weighing in and be a part of the ongoing community, then getting notifications lets you know that people are there and would like to chat or share with you. So we can just see how this goes. It's a wonderful suggestion, Zara, thank you

Alana:

I think I'm going to just change the order and let us go to check-in right away. But first, if everybody would just, sitting in your chair, because a lot of what we do with people is in our chairs, do whatever you can do to get your energy awake, to wake up your body. You might tap your feet, you might rub your hands, you might make sounds, you might wiggle, you might stretch. What feels good to you and what would just help you get a little more present and here and awake. Shaking your hands is a fabulous way to get present. And making sound is really good.

Alana:

Since we're still wanting to drop deeply into partnering with the universe, we're going to check in around partnering with the universe, and we're going to do it in groups of three or four, so you get a little bit bigger community.

We're checking in around some way that we are going to commit as a coach to partnering with the universe, because now you are stepping in to identifying, advertising, putting yourself out to the world as a coach. That's what we're rolling into. And in that role, as that guide, what is your commitment in

terms of how you will partner with the universe? So whatever that is for you. And you might help each other, you might coach each other around what that might be for each other. Whatever feels good.

Alana:

Okay. Just know you'll have a little more time if you're in a group of three. All right. I'll see you back in 10 minutes

All right. That was rich. There was good stuff in there to find. Everybody feel checked in?

I want to give you the three-part partnership plan. I do want to say before I start into that, that we definitely partnered with the universe last week.

Alana:

We decided to have the summer retreat, and we decided to give the health of everybody at the retreat to the universe, or I decided to do that, and trust that the universe would protect us and take care of us. And the whole group spent the whole week letting go and allowing the spirits and the universal love to come in. It was really an incredible... an unbelievable experience of feeling the universe loving us. So, that was great for me. I say I believe in these things and then I am a little surprised when it works.

particularly as a coach, one of the huge reasons that we are doing this work is to connect, connect with ourselves and connect with others. And that, according to some spiritual teachers, is why we're here on the earth. So we are hardwired to connect, hardwired to belong, hardwired to be in relationship.

Alana:

And the pathway to real connection, to meaningful connection, to healing connection, and you're going to say, "Oh yes, we've heard this before, Alana," is self-love. That's the pathway. That is the door into real connection. So, if we have a whole group of wholehearted people living outside of ego, outside of old story, in a place of appreciating and honoring themselves, deeply honoring yourself, that's the pathway to connection. It always seems like the pathway to connection, especially for women, is to reach out, where it's actually to reach in and find that presence, that loving, solid, aligned presence with self. And then, from there, having the courage to show up fully vulnerable, so that it means I could make mistakes, I could not know what to do, I could do something I maybe shouldn't have done. I mean, that none of that will matter because I'm coming from self-love. So all of that belongs to the universe.

Alana:

The only thing that is my responsibility as a coach is to show up 100% and allow my authentic, vulnerable self to be there, compassionate, honest, sharing, and to invest in these beautiful people that will come to be with you, with no guarantee. The investment is not so that they will get better, do better, thank you, be appreciative, love you. It's no guarantee. The investment is in the partnership with the universe, the agreement with the universe to show up in love and kindness and compassion and vulnerability. And it's in vulnerability that all connection and joy and creativity and love and belonging lives. None of that happens without the vulnerability. So my three part plan is that, connect, self-love, and be vulnerable. And I think they go together really, really beautifully. And they all weave in. We can't connect without self-love. We can't have love without vulnerability.

Alana:

There are lots of times when I deeply feel my vulnerability when I'm coaching. It's like, "Whoa, this is really going in my body. I really feel this. I feel this in a way that I think means I won't be helpful. I'm feeling the pain of the other person. So, what is it in me that needs love so I can reconnect to them?" Because we often end up over here connected to ourselves, and we think that's connecting to other, but it's not. Or maybe it is, but not as much as we would like. So anyway, I just want to just share that with you, because I was thinking I had a client today, which brought up a lot of my feelings of compassion and caring and wanting things to be different for this person. And it was just really powerful to let that go, to give that to the universe and reconnect with her in the moment we were in and be right there with her, and know that I'm not in charge of that bigger picture.

Alana:

Pause. I do want to clarify that the hour-long bonuses are not me teaching more tools. They're for you to bring questions, for you to bring ideas, for you to bring stories, to share what worked well, new ideas that you have that you think could be a part of a coaching class, anything like that. But we're in a level playing field at that point. And my job is just to answer questions from anything I have learned over time. But it won't be a formal teaching time, just a question and answer time. And if nobody needs it and nobody comes, then that is fine too.

Close your eyes for a minute and allow yourself, for a few moments, to give everything to the universe, to not need to know anything at all, no need to know who you are or what's going on or how to do something. You're just being here. In this little quiet meditative time, you're just meditating, you don't need to know anything about that either. You don't have to have a theory about anything or a story about anything. There's no need to know anything. Nobody else needs you to know anything. You don't need to know anything. You can just be here for a few moments, letting go of knowing in any way and letting the universe hold the whole story for just a few moments, resting deeply into that possibility of letting it all go few moments.

Alana:

And slowly coming back, as you're already breathing and finding your way back. So that's the transition into taking a little bit of time to get present, the first of three steps. Before I open the Zoom, before I open the door to somebody coming to my studio, my first job is presence. My first job is connecting to myself, to my self-love, to my knowing that I am here and who I am and allowing the universe to take over. So at the same time that I get as present as I possibly can with Lizzi, I am letting go of knowing anything. And that opens up the energy for the universe to channel its wisdom through me, and then I don't have to be the one that knows.

Alana:

And that's a really powerful way to protect yourself as a coach, because people who do this work end up very, very ill, sometimes very burned out, sometimes very discouraged sometimes, because they're attempting to do it through their own human body, as opposed to allowing the energy to come from a greater spirit. It's really important, whether it's acupuncture, massage, medical doctors, coaches, healers of any kind, nurses, anything, to not ask your system to do it and to give it to a bigger story. So, that's the first thing.

Alana:

Then we both check in to start. I check in, that's the vulnerability. I make sure that I get fully honest and present and open, which does not mean I say, "Well, I had a really bad week and I need you to take care of me," but to say where I am right now, "Well, I'm sitting, looking at the trees out the window and feeling happy to be here with you and had a good week last week and I'm ready to see what we can do together." Maybe share a story from your week. Then you let the person begin to check in. And so, "How are you? And how's your week been and what's gone on for you?" And now you go to the beautiful listening tool. And I'm telling you, sometimes when I am triggered, I pull out that listening tool and I look at the back and I go, "Oh my God, I am listening to be right. I am listening to rebut. I am listening to be loved."

Alana:

That's my big one. Just come back into myself, breathing and presence and listen to understand with compassion. And this can be whatever the person wants to share. Sometimes I might say, "Well, how did it go during those eight appreciations a day?" as a starting point. And they might not answer that at all. They might say, "Well, I wanted to tell you about this thing that happened with my partner." They're not even interested in answering whatever little cue you might have given them. And that's fine. This is their time. They get to just say whatever they need to say and share whatever they want to share. And your job, besides listening, is to notice. Notice what are the cues, because always, your client is wanting you to see what they are presenting, and always, what needs to be seen is something else. They will present what they believe, what their ego wants to present.

Alana:

And the real story is, "Well, tell me more about that," or, "Hmm, how is this familiar to you?" Or, "What else about this is important to you?" Or, "What are you feeling about this? What seems to be bubbling up underneath this for you?" Or "Tell me about those tears." So, as they're speaking, you may cue some more questions. And your whole job right now is absolutely 100% to gather data. That's all you're doing. You're just getting whatever information you can possibly get, because you're looking for where is the place that needs good attention or needs loving, where are they on the triangle, like we've talked about, where are they on the healing mandala, where have they done something they feel good about this week, something healthy they did. And always, when somebody's finished and you feel like they've had that 20 or 30 minutes to really download and be deepened with your embracing questions, then to appreciate them right away.

Alana:

That's the very next step, before you have any suggestions or ask any more complex interventions. It is always to appreciate them for their vulnerability, their willingness to share that with you, all of that. I mean, what kind of an honor and gift is that, that somebody decided to share their personal life with you. And I always watch for something in the story that went well, and so I appreciate them for sharing. And then the next step is to appreciate them for something that they did. So you know that old story from the somatic psychology room, when people first started doing dance therapy, which was a client comes in and says, "Well, I went back to the bastard and he hit me again and I didn't have enough money and I lost my job because I got mad at my boss. And I went swimming in the morning on Wednesday and the water was warm, that felt good. And then I came back and I packed my stuff and left again. And then I sat, I was depressed, and I didn't have any idea what was..."

Alana:

On and on and on and on, and the therapist says, "Tell me more about that swimming on Wednesday morning. How was that?" It's like, where was the success, right? Because we think if we're in a coaching session, we need to talk about all the things we did wrong, so we'll get fixed. And you can guide people, for sure, out of that along the way like, "Oh, what about that felt good? Was there something in that you felt was the good move on your part?" You can always come back to helping direct them towards another perception, another way to look at the same situation. But the direction is just that, "Hmm, did anything feel good about that?" Before I weigh in to see what tool or idea or journey or thought might be supportive to them, I always ask myself, "Am I off the triangle?"

Alana:

Every time, every single time. I have it written down on my desk, "Am I off the triangle?" Am I being a hero, am I trying hard to make this okay, which is victim, or am I angry at this person? Sometimes, I get triggered, and I think in my mind, "We've been through this before. We've already talked about this. I have given you tools for this." That will come in, even if it's only there for two or three seconds. If I don't turn towards it will infuse the session, and so I have to pause. So my first question is to myself, "Am I off the triangle? Am I in alignment? Am I clean?" And then I can begin to say, "Hmm, I wonder how they could get this in their body and move it in a way that would free them, or I wonder where they are on the healing cycle. Let me see. I'm just curious. Is that where I am? Or is that where they are?"

Alana:

Just noodling around in there. And then I can just say, "I have an idea of something I think you would like to do, that might release or expand this into a more peaceful place. So let's do some moving together or let's do some tapping together or let's do some breathing together." Or maybe, "I have a process or a tool that I use a lot, that I would love to teach you, a beautiful tool. Does that feel all right? Would you like to learn that? Or does it feel all right to do some moving? How about doing some tapping? Would you like to do that today, on this story? I'd be happy to do some tapping with you." So it's like permission, right? And once you've worked with somebody a long time and you've known them a long time, they sometimes look at you and go, "Well, of course, sure." It's like, "Why do you think I'm here? You don't need to ask me that."

Alana:

But there'll be that time where they'll say, "I don't feel ready for that right now. I'd like to talk a little more. I'd like to tell you a little more," or whatever. So it never hurts to check in. And then gently watching their body language, you can take them to a place that is unknown. And that's what you're doing. You are stepping into the unknown with the guidance of the universe, and it will be uncomfortable a little for you, and certainly, if it's not uncomfortable for them, we're not in the unknown and safe. So how do we bring those two things together in the shaman's pot, safety with the unknown, safety with that bit of uncomfortableness? So whatever I start with, I modify it as I'm going. If it's somebody that I know and I know they trust me and I know that they want to just move and go for it and do it, we go and we go deep.

Alana:

But if it's somebody that I'm not sure about, I move very gently, very carefully, respecting their ecology. Just like respecting the ecology of the earth.

Then I close, and each session needs to be closed. Not just, "Oh, we're out of time. Let's schedule another time." There needs to be a closure first. And I always review any ideas or assignments we have for the week ahead. "Are we all set with those eight appreciations a day? Or are you all set with positive self-talk? Are you all set with loving your little girl before you go to sleep at night?" Just reviewing that and remembering to remind them of how well things are going. So, "As you go into this week, just notice that six weeks ago, we couldn't even have talked about this and now here we are loving it."

Alana:

People lose perspective. They think they're in the same place week after week, and they're not. And then something I do that you might not be comfortable with. I encourage them to text me with any successes they have. Because I don't take insurance, many of my clients are two weeks apart. And so I just tell them to text me "I did it," to let me know any time they do eight appreciations that day, or they love their little girl. I just encourage them to text me their successes because now I become an accountability partner with them. They get to have this intention of what they're going to do as they go into their own life, the tools they're going to take with them. And they get to let me know they're keeping that agreement they made with themselves. That's very supportive, to have an accountability partner.

Alana:

That is the arc of a session. And I've been watching since we've been doing this class, and it does tend to go that way, if somebody calls, like recently, and they were completely hysterical and I don't start that way. We weighed right into what's happening, what kind of support do they need, who can they call, who lives nearby, what kind of friends can they get in touch with? I've had to put people in the hospital before, who were suicidal. I've had to have them actually picked up by an ambulance and moved to the hospital, which is very, very, very sad and hard. And you have a responsibility. You can't shine on somebody talking about self-destruction. So it's a big step you're taking into this journey and you're all way more than ready. You were ready before you even did this. And it's the universe, the partnering with the universe, that makes it possible to manage all the different people and stresses and stories and possibilities that will come your way.

Alana:

The universe is in charge, I am just a vessel, a sacred vessel for the universe. All right. I know that's a lot of talk, but I'm wondering if you have questions or feelings or worries, or you have another idea of how to do it, anything that you want to share.

Lulu:

Well, I just want to say thank you for considering a general outline of how you work. I think that's really helpful. I do that when I'm teaching and think about things in broad sort of intentions or schematic patterns, and that really helps. It helps a learner, I think. So thank you for doing that. And I took notes, but did you say you were going to actually type this up?

Alana:

yes

Alana:

I will type it and put it in your notebook. I mean, some version of it. I wasn't going to do that because I know you're all going to find your own way to this and your own style of it and your own sense of it, but I also think it can be really nice when you're dipping your toe in and you feel a little uncertain that day to have a little guide, and then you can see where it takes you. I mean, the big thing is if you are fully present and watching all the time and channeling, it will unfold. And it just seemed to be that this is how it mostly unfolds. We check in, we have appreciations, we have a chance to listen and ask questions and gather information, a chance to check in again with myself, a chance to loop out some suggestions, and then a chance to appreciate them, love them and close.

Alana:

So it's kind of simpler than it sounds with all those words I just put in it, and it just seems to flow that way. And if I don't do that, if I move in too quickly, then the whole session just never feels quite landed. And that's my cue. It's like, "Well, that never landed. That whole session never landed. Hmm, I must have been on the triangle. I must have been fixing," or whatever. And then I get to love myself and notice what triggered me onto the triangle. And then I learned. I learned something that needs healing in me and loving in me, so I can be a better guide for whoever comes my way. Other comments or questions?

Laurie:

I would be happy to practice with anybody, a whole session, not just 20 minutes. Just contact me.

Alana:

That feels important, Laurie, because in most of these kinds of certifications, you'd be required to do X number of hours at no charge practicing. And we've talked about whether that's something we should do. I'm open to feedback about that as you all go forward. I don't tend to like those patriarchal systems of measurement, but I think practicing is absolutely crucial. And I think that's what Zara's been talking about too. Can we network, can we stay together? Can we help each other? Can we coach each other, and therefore learn more about coaching? Is that accurate, Zara? I mean, I'm not sure if I'm putting words in your mouth. All right.

Lizzi:

Alana, the sessions you do are approximately an hour and 15 minutes?

Alana:

An hour and 15 minutes, yes. Not to lose Laurie's request, that's something you can put on the WhatsApp, "I would love to do a practice session with somebody, I'd love to be coached, and I'd love to coach." And the thing about not just 20 minutes is something that I want to work on for our next round of this too, longer time practicing.

Lulu:

I think you do have a lot of things to share based on your experience. And we benefit from that, because you've gone before us, and I think practice is good. So I just wanted to put that in there.

Alana:

Oh, thank you. Keeping me honest. All right, Lizzi, my supervisor has had to come down hard on me around time. So that was really a good question, because an hour and 15 minutes, it gives me time to get people present. We often have to deal with the technology, or just need to get in the door and get your coat off or whatever, and time at the end to schedule another appointment, so an hour feels very tight and that extra 15 minutes is helpful. But I don't go over anymore, because Robin was very clear that what you do then is you overload the person. Because once you head in, you start thinking of 10 more ways, 10 more things, 10 more possibilities, and you just make notes about them and save them and hold them for them for another time.

Alana:

And remember that there's just so much a person can take in, and unless you're going to do a whole weekend with somebody, which many practitioners believe is the only way to do any kind of therapeutic intervention, is two days where they also spend the night away from their environment, and that that way you can move them through six months of therapy, deeply and profoundly and be done and they can move on. And there's all this debate about that. But since we're doing sessions on Zoom or in our office, and probably not doing weekends yet, though I'm interested, because I think I would heal a lot on a weekend like that too. But to really be honorable, make the agreement with your client and with you that it'll be an hour and 15 minutes, and then keep that agreement. And they'll appreciate it, and you'll notice that when you get off, "Oh, that was enough. That was plenty."

Alana:

I do have one client who always runs it over and this person will push it. They're in person, and even though we have completed, they will keep going. And I'm just really interested in that, in terms of... It's very hard for them to let go of the time together. And so that's an interesting thing to notice, "Hmm, am I creating dependency? Am I not giving this person enough sense of their own autonomy? What is my role in that?" And so then, one time I just said, "Okay, I'm just going to let it go. I'm not going to stop it and let it go longer." And this person suddenly sprung up and said, "Oh my God, I've got to go right now. I'm supposed to be down in Boulder right now." It was like they were counting on me to stop the session. So it's a mystery, but absolutely, I would be really good about time, whatever you choose. Yes. Laurie?

Laurie:

Do you take notes during or after?

Alana:

I take notes all during every session. I write as I'm going. I have to write quickly. Sometimes it's hard to read. And then I write notes after about what I'm observing, what might be good for next time, what I'm thinking, what happened that I didn't have time to thoroughly write? I just made a note and then fill it in a little bit. And I keep those in a file, and once I said to somebody, "Well, I don't have your file." He said, "When did we start doing this work together?" And I said, "Oh, I don't know. I don't have your file down here. I could check that." And this person said, "You keep a file on me?"

Alana:

Like it was FBI or something. (Laughing.) The notes are important, especially when it's been two weeks. I read back over them before the session begins, where we were, where we landed, what thoughts I had, and it may not relate to the session, but it most always will. And it makes people feel good if you say something like, "How did your camping trip go?" Or, "How was your birthday party?" or things that indicate that their story is still in your mind and heart. So, yes, good question. I didn't think of that. I'll put that on the list, Laurie.

Stephanie:

Yeah. So a couple of things. One is, I appreciate you sharing the arc of the session, just because, no matter how many trainings I go to, I sometimes take myself off track, and it's nice to have that as another tool, to be able to go back to and check back in with myself and really have that, "Oh, right." There are rules for any good story. There are rules for a good session. And whether you adjust them later or not, it's really valuable, I think, to have that. So I just wanted to thank you for that piece.

Stephanie:

And the other thing that really struck me as you were sharing that, was that, really after the session, that part of it is checking back in with myself and also not going into critic for me. That I check back in with myself and still keep looping that, just like you set yourself in the beginning, to channel the universe and get grounded and self-love. That to do that also afterwards, you mentioned it, but you didn't mention it as really a step. And I think it's really a key thing that you mentioned that will be helpful to me.

Alana:

I just added that to the list. That's really great, Stephanie. I often do have that for a moment of thanking the universe for me. I try to break the habit, which I had for a long time, of saying, which isn't wrong or bad, but for me of saying, "That's a good job, you did a good job," because that puts me in ego. And that means I can just as easily be saying, "I didn't do a good job," depending on what went on. So I just like to say, "Okay, universe, we did it, we partnered, thank you," and let it rest. But I think that gratitude at the end is really important, however, you want to do it, including gratitude to yourself, because even just... I thank myself for taking the time. So I charge people a hundred dollars for an hour and 15 minutes, and I have a sliding scale down to \$75 for that hour and 15 minutes for anybody who needs it.

Alana:

And that's extremely reasonable. Many coaches are charging \$250 an hour. And you get to decide what you want to do about that. I'm really interested in access. I'm really interested in people who come from different socioeconomic backgrounds. I have people who, if they do \$75 every two weeks, they can manage that. And I feel really good about that. It's a very personal decision, but somebody asked me that in a text, and I'm very happy to share that. I'm likely going to go up to \$125 for an hour and 15 minute session, and still go down to 75, with new people, just because the amount of time to prepare and the amount of time I spend preparing and afterwards in the notes, it makes sense to charge a little more. Other questions? Y'all ready? Y'all ready to set your rates and go for it?.

Lulu:

Just one thing, before you go on.

Lulu:

Would you say a few words about building your practice?

Alana:

I was just going to do that. You are totally reading my mind. I just took another huge marketing thing, and on some of those hour-long bonus calls, I'd be happy to share some of the wild and crazy things they're saying. They're all about coaching and building a coaching practice. And there are lots of them out there, and those people are experts at it and they make \$700,000. They all talk about six-figure this and seven-figure that. And that's their goal. That's a different intention than mine, but it's not a wrong goal. But they have a lot of marketing strategies. And we, Lulu and I, and some of us in Turning the Wheel took marketing classes as well.

Alana:

The biggest source of coaching clients, when you are starting your business, is referrals. So your chiropractor, your doctor, your acupuncturist, your friends who know what love and beauty you bring to the earth, your business partners, your personal contacts. You remember, maybe it's still going on a lot, but for a long time, there were all those businesses that were called multi-level marketing businesses.

And they were successful because they started with the 50 people who they knew well. Well, with coaching, it's exactly the same thing. You make a business card of some kind that has what you want on your card. And you give it to everybody you know, and you say to them, "I can help. There's a lot of things I can really help with. And I would love to be of help." "So if you know anybody who needs some support or help with anything going on in their lives, I'm your person." And if you believe that, other people believe it, and you start to get referrals and the referrals then build themselves. So people that I've worked with refer other people to me.

Alana:

That's very low-key marketing. And depending on how many people you want to deal with a week, it could be enough. I mean, I don't want to do eight people a day, five days a week. I wouldn't even be interested in that. I couldn't do the kind of job I want to do with that load. But if you want that full schedule, then you'll need to get on social media and on podcasts and the biggest thing they say now, that if you really want to build your practice, the absolute most effective way is to get on stages, so to make speeches, whether it's with your local organizations or whether it's to 10,000 people. The most returns come from speaking your mission, your vision, your truth on stages and welcoming people to be in touch with you, if they'd like to do the work with you in whatever way you can, at the end of your talk.

Alana:

And I just think that's fascinating. This guy who was doing a lecture on how to get on stages, it was like, "Wow." That's a whole other story from social media or an ad somewhere, it's very personal, and very courageous, in one sense in my mind. Anyway, I think it's courageous to be on stages. But we can talk more about that as you begin to find your way, and I can give you referrals of people that you could check in with, that teach this stuff. And I mean, so can some of you, I mean, Lulu knows about Richard Taubinger, for example, which is a conscious marketing organization, and they have a million things going all the time now. Free things and inexpensive classes. And telling your story is the big push now for marketing to say what happened to you and how you got there and why you're doing what you're doing.

Perry:

I probably know the answer to this and it's going to be different for everybody, but if I'm going to make a business card, am I saying Harry Smith, Conscious Body Coach?

Alana:

Certified Conscious Body Coach.

Perry:

Right. So, the name of my business may be something like... I don't have anything on the top of my head right now, but like Perry's Paws or whatever, but then it would say underneath that, "Certified Conscious Body Coach," right?

Alana:

Yes, yes. And all I have is, "Alana Shaw, Certified Body-Mind Vibrance Coach," which is what my certification was. But I don't need a name for that business, particularly, but it's fine to name the business, and it's fine to have the name say something. It's fine on the back of the card, which my card has some information how to reach me and what they can expect from me. And the thing about saying conscious body coaching is that you're going to have people who are interested. And what does that mean? What is that? And you might have three or four certifications. I don't put them all on, but you can. I don't put that I have a master's and I don't put that I have somatic psychology certification. I'm looking for the chance to talk to people, and I'm looking to see if we're a fit.

Alana:

So when I get a referral from Holly Lewis, for example, she's already screened people and she thinks we're a fit. But my first session is a 45 minute free session. It's called a consultation. I also need to put that on the list. This is good, these questions. And that 45 minutes is where I can tell them how I work and what my philosophy is, and they can tell me what they're looking for. And I might say, "If you really want addiction counseling, I have the name of a fabulous addiction counselor. That is not my specialty." Or they can say, "Well, I don't move much." I can say, "Well, that's all right. You can be in your body without moving much. We can find our way to how we get in our bodies." Or they say, "Do you have to dance to be a part of this? Do you have to be a dancer?" So you'll get a lot of interesting questions, and you want people that are a fit. If they're not a fit, it's exhausting, and they're resisting and you're trying to make it work.

I think it's time for a break.

Alana:

Let's just all stand up and do that fun little copy circle that we do, or do it sitting down if you need to sit down. But you're just going to move however you want to move and then copy somebody else's movement and then do your movement, then copy somebody else's, and just like the screen guide you any way you want, just to get our bodies moving and play a little bit. Just seeing what's there that you can do that somebody's doing that looks like fun. Making sound. You can unmute and make any sound you want, so the energy of our voices comes in and supports us all. All right. Yay. Did we get woken up there?

All right. We're going to do an exercise that is about allowing yourself to be a child of the universe and dream up your life as part of that family, that universal family, which is so different than, "I am the child

of," this mother, this father, this old story, this history. All of that is gone. Now, I'm going to open to my own beloved. And the more deeply your relationship to your own beloved, the more beloveds gather around you.

Alana:

We are always dreaming up the universe. And the universe is dreaming us up. We live in the universe; the universe lives in us. There isn't any separation there. It's so important to know that because we have been raised in a culture where there's a deity or spirit outside us. And in fact, it only lives inside each of us. So we're going to dream with the universe, to co-create with the universe. And there's always energy in that, in the universe, for healing and wholeness. All you have to do is open to it and it comes in. You don't have to process anything. You don't have to be evolved. You don't have to do some kind of prostration. You don't even have to meditate. You can just say, "I allow it in." And that healing, beautiful, loving energy pours in. It's just hovering, waiting for you to say yes. That's the biggest yes you can say in your life, is the yes to the beloved inside you.

Alana:

To me, because I love magic, it's like spiritual enchantment. It's such an incredibly magical mystery thing. You're going to go into partners, and each person will have six full minutes to move and be witnessed. The person who's witnessing needs a time device, a phone or a watch. And when it's been five minutes, you will quietly say to your person, "One more minute," so they can begin to complete. You might need to write this down if you like to write these things down. And then, when it's been six minutes, you'll gently say, "Pause," and that person will go ahead and wind down and pause. It may take them a few moments to pause. You won't talk in that gap. You'll just be silent together, re-presence together.

Alana:

Then the other person will begin moving for six minutes, and you just move and breathe and sound or sit or lay or rest or whatever you want with your six minutes, to dream up your partnership with the universe. And you're dreaming it now, free of language, free of history, free of construct, free of identity. You're just letting it flow in. And it may only have energy, the dream, it may have words that flow in. It may have sounds. It may have just a sense of something, wellbeing or opening. It can be anything at all. It doesn't have to be, "I get this message, this is my dream." Your body dreaming allows all the dreams you already have, everything you already believe, it allows it to come in. It allows it to integrate. It allows it to show up.

Alana:

This is just another way to gather pieces of our psyche that get scattered about on the earth, and to allow yourself to fully come home to yourself. You could just think of it as, "I'm just going to partner with the universe to fully inhabit me in a way it might not ever have inhabited me before. What might be the unknown of this dream?" So the witness, besides being a timekeeper, you want to view your partner through the eyes of the universe. Maybe you see yourself as a star in the sky, channeling universal energy down to your partner. You can move with them, sound with them, breathe with them, hold them, as opposed to attempt to move them, attempt to influence them, attempt to make something happen for them. This is totally their dream. Your only job is to hold them with all of your beautiful, loving, unconditional energy, channeling the universal love through your body to their body and back to your body again.

Alana:

Looping, looping, looping all the time. So, I will tell you later more of where this all came from, because I just want you to get moving. You've been doing a lot of listening. But there are countless testimonials of dreamers falling more in love with themselves after this magical experience. Touching your own innate glowing goodness is just such a wonderful thing to be in relationship to. And the reason we're going to six minutes is so that you can have time to just stand there and presence and take your time and see what you want to do and time to come out of it with the minute's warning. And because you all are deep rivers. This is a moving meditation. This is your time to fully inhabit your authentic, beautiful being. And the witnesses, you're the protection. You're putting a field of love around this person, so they can let go of everything and go far away. And you're holding them, honoring them and maybe even reflecting them to reinforce in your movement, in your energy. I mean, reflecting is a safe way to protect.

Holly:

As the mover, do I need to remain visible to my partner?

Alana:

Not all the time. It's such a good question, Holly. It could be helpful to your witness, but we can certainly witness without seeing. I can hold you - you're there, moving on the screen and love you and move with you and feel your energy, like when we do "Seeing with Eyes Closed." And it's kind of what you want too. If you're visible, you get more from your witness, because they see and respond and interact. So you might be visible for a bit and then drop away and head into your own journey, and your partner will hold you and then you might become visible again. Remember when we looked at all that witnessing stuff. As I'm witnessing you and you go off screen, I get to go, "Hmm, I wonder how I stay present when I can't have my eyes to witness this person."

Alana:

I Or I feel myself triggered, "Oh, I wish they would've stayed on the screen."

I'm noticing. I'm not criticizing myself. Noticing I am wanting something and that doesn't give them total freedom. So give them back their freedom. It's a wonderful opportunity for six minutes, to notice and love your own witness. And yes, I think some people will be way more visible than others, so whatever your journey brings you to. And then, your partner gives you the one minute and then the pause, and then you take a turn, and then you will sit together quietly for a moment on Zoom and breathe together and check in with each other energetically. Then you can share how that was for you with your partner. And if you don't want to say any words to share, you could move how it was for you. If you don't want to speak at all and you want a few minutes to journal, you can say, "I'd like to journal for a few minutes and then I'll share." So this is your journey. This is your deep dive into your coaching partnership with the universe. You're dreaming up your story ahead. Yeah?

Alana:

That's a good question. What you do, is one person has a turn, you pause for a minute or something, just to calm the energy and let the mover land. And then the other person goes, and there's no language between the two people, because if you share, it could affect my dream. We just move forward with no language. And then at the end, you can pause as long as the two of you want to. It might be a minute or two. It might be a little more, maybe, I'm looking at the time, maybe a minute or two, and then share.

But your partner might say, "Could we pause a little longer?" Or your partner might say, "Let's just write and then share what we've written." You guys get to make it up. You're now ready to become certified coaches, so you can play with how you want to do it. So it's 7:36, which means you have 25 minutes. You have till eight o'clock, and then we'll spend a few minutes, three or four minutes, just sharing as a group before we close.

Alana:

We'll just run three or four minutes over, if that's okay with everybody, because I'd like you to have till eight to do this, which is lots of time. If you each have six minutes and you have five or 10 minutes to debrief, you'll need the whole time. And some pausing in between. I think this is plenty of time. All right, so just see what happens now. Be in each moment as it unfolds, and there's no right or wrong way to do this. You're just going to enter dream land, what the Australians call the waking dream, and see what wants to happen now. Okay? Moment to moment. All right, here you go.

Alana:

All right. Well, thank you all for dreaming. Anybody want to share anything before we close?

Lizzi:

I had a very lovely experience, and I don't know if I just was able to slip in easily because of being at camp last week, but I had this beautiful experience of reaching out to the universe and bringing it into my body and then reaching from the inside of my body to receive it.

Alana:

Beautiful.

Lizzi:

It was really powerful. Thank you, Evelyn.

Evelyn:

No, thank you. Thank you.

Alana:

I love the idea of reaching from the inside of your body. That's beautiful.

Lizzi:

Yeah, I've never had that experience before.

Alana:

That's a beautiful image. I like that. Other thoughts anybody wants to share? Everybody okay?

Evelyn:

I got dizzy.

Alana:

You got dizzy. Yeah, that is a very common comment after dreaming.

Evelyn:

Really? Because I was twirling though, I was twirling.

Evelyn:

I wasn't sure the best way to do this, but that was what I decided to do. So I just need to learn how to do this. And I think I'll give myself a massage tonight.

Alana:

That sounds beautiful. Yes, being able to just be still until your body has an impulse, until your body does something. It's like not figuring out or making a plan, but letting your body do it. It's a journey to be able to really follow our bodies. It really is. So I love that you're sharing that. Everybody okay?

Laurie:

I experienced a call and response. It was in relation to a bird over here and a bird over here. And it was a softer way of thinking of opposites.

Alana:

Beautiful. They're both good songs, right? They're both beautiful songs. I like that.

Stephanie:

And I noticed that your cue that maybe you're a star, as the witness, up in the sky, and I noticed that gave me a little less self-consciousness. If I'm being witnessed by a heavenly body, there's something grand. And I almost... Myself, almost felt more like a tree, really rooted in the witness thing, so it made it less scary.

Alana:

Beautiful, beautiful. That's a neat thought. Distancing, the witness distancing.

Stephanie:

And as the mover, knowing that it could be something grand rather than a person looking at me.

Alana:

That's the dream, isn't it? Could I, as a witness, be the universe, actually own that I am the universe. And now I don't have any personal story in there at all. I'm just pure, loving energy. Beautiful, Steph.

All right. Well, it is after eight, so I think we should probably close. So, let's unmute and send dreaming energy to each other. Dreamy, dreamy, dreamy energy.

Suzanne:

I love that.

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Alana:

Thank you. That was beautiful. I'll see you Thursday. I love you.

Alana:

Take care.