

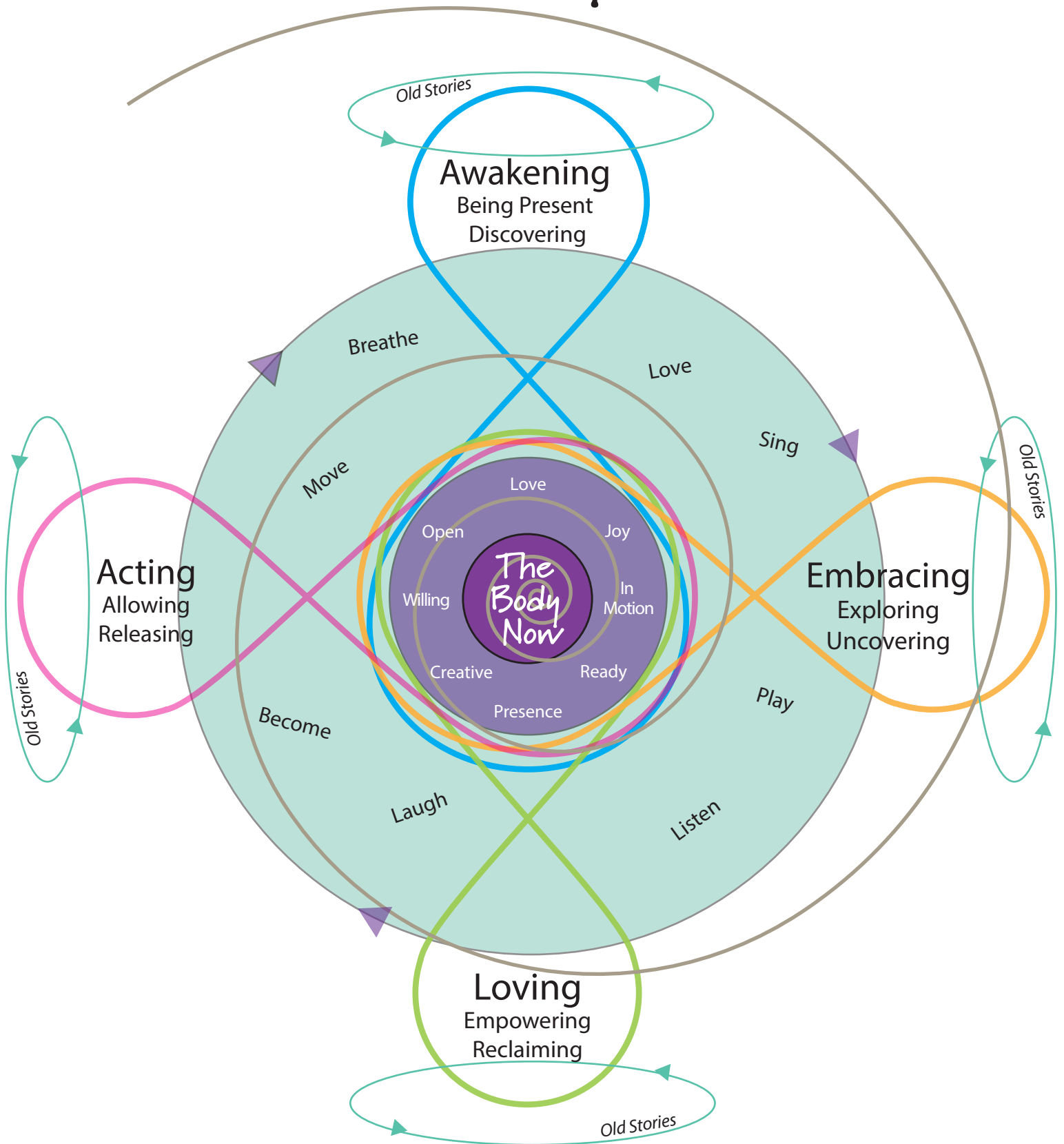


# Conscious Body Coaching

## Notebook Index

|                                                         |           |
|---------------------------------------------------------|-----------|
| Spiraling into The Body Now _____                       | Pg. 1     |
| Mandala _____                                           | Pg.2-3    |
| Appreciations _____                                     | Pg.4-5    |
| 8 Appreciations A Day _____                             | Pg.6      |
| Wonder Questions _____                                  | Pg.7      |
| Conscious Listening _____                               | Pg.8-9    |
| Witnessing _____                                        | Pg.10-11  |
| Rituals of Well-Being _____                             | Pg.12     |
| Six Word Meditation _____                               | Pg.13     |
| Persona Interview _____                                 | Pg.14     |
| Essence Interview _____                                 | Pg.15     |
| Journey to Joy _____                                    | Pg.16     |
| Exiting the Triangle _____                              | Pg.17-18  |
| Mapping Questions _____                                 | Pg.19-20  |
| Creating a New Story with New Patterns _____            | Pg.21     |
| Emerging from Achiever into Creator _____               | Pg.22     |
| Walk to Reclaim _____                                   | Pg.23-24  |
| Four Steps to a Positive Brain _____                    | Pg.25     |
| Creating Positive Affirmations with Sentence Stems ____ | Pg.26     |
| Two Minute Mediations _____                             | Pg. 27-30 |
| Journal Questions _____                                 | Pg.31-32  |
| Sacred Art _____                                        | Pg.33     |
| <i>The Body Now</i> tools Index _____                   | Pg.34     |

# Spiraling Into The Body Now





# Conscious Body Coaching

## Awakening, Being Present, Discovering

*Affirmation:*

*I am ready to awaken to the experience of me in my body.*

Coming into relationship with our body in the beginning of the journey

home to our authentic selves. It is the bridge to remembering all that we have always known.

Our life energy radiates from the inside out, and our body is the carrier of that life force.

## Embracing, Exploring, Uncovering

*Affirmation:*

*I am ready to embrace my awareness of my body and deepen into my journey of uncovering.*

Embracing is taking all the energy generated by waking up and using that energy to witness yourself with curiosity; using that energy to uncover wonderful parts of yourself that might need loving or need more good attention.

As we explore ourselves more openly, we begin to create spontaneous new beginnings with ourselves and with others.

Exploring unconditionally allows us to let go of control and feel the freedom of being in the moment in our bodies.



## Loving, Empowering, Reclaiming

*Affirmation:*

*I am ready to align my body with what I know in my heart and find my fully embodied "Yes" to loving myself and manifesting my sacred gifts.*

The act of loving ourselves unconditionally brings us home to ourselves and instantly expands our capacity to give love and to receive love.

Willingly reclaiming our lost pieces restores our wholeness, which deepens our knowing of our own empowerment.

Finding an openness to both receiving and giving allows the circle to complete itself: the looping out to love others and the looping in to love ourselves and to also receive the love of others that is there for us.

## Acting, Allowing, Releasing

*Affirmation:*

*I am ready to align with my essence and move with ease and joy in my life while manifesting my sacred gifts.*

The exciting news here is that we can re-pattern our brain into new possibilities with simple loving action steps. The brain loves spontaneity, new possibilities, change, and evolution.

Because we have moved into loving, we are ready to be seen by others in our authentic selves, and being seen is one key to manifesting.

Innate in our commitment to action is the beautiful paradox of letting go of outcome and releasing the way and the timing to the universe.

## Appreciations

Appreciations are the basic building blocks for a good life on every level all the time. Just increasing the number of appreciations we think and speak to ourselves and each other each day is all the spiritual practice we would ever need to become a fully evolved human being.

Here are some questions you could ask yourself to stimulate appreciations.

### **For Self:**

What am I grateful for about the earth, the sky, the animals, the waters, the winds, the trees ...?

What do I appreciate about my body, my brain, my health, my energy, my essence ...?

What do I appreciate about my house, my children, my partner, my work, my dreams ...?

What do I appreciate about my skills, my gifts, my knowledge ...?

What do I appreciate about my creativity, the way I dress, the way I create my living space ...?

### **For Others:**

What could you appreciate about this person right in this moment?

What is particularly wonderful, amazing, or awesome about this person?

What is unique about this person's contribution to the world?

How does this person show up in my life, in community, in groups?

What strengths do I notice about this person?

How does this person help me or others?

What is unusual or interesting about how this person uses their creativity?  
How has this person said yes to me?

What makes me happy when I am around this person?

How does this person give me attention?

What are ways this person always shows up?

What agreements do this person always keeps?

What amazing things has this person already done in their life?

What have I learned from this person?

How has this person supported you in your journey?

How does this person manage change or challenges?

How does this person relate to spirit?

**Some Appreciation Sentence Stems:**

I love the way I/ you ...

I love how I / you ...

I notice I/ you...

Thank you for ...

I am grateful that ...

I see my/ your ...

I appreciate that you have ...

I appreciate your

I am amazed at ...

I consistently see ...

**Look for New Ways - Shine a light!!**

# 8 Appreciations A Day

## Hooray!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Wonder Questions

A sense of wonder is truly magic, connecting us into childlike enchantment and anticipation. New beautiful perceptions and fresh opportunities will spontaneously emerge. New dendrites and synapses will form in your brain. Here are some ideas to get you started.

I wonder what my body is telling me?

I wonder what needs loving in me?

I wonder what I want right now?

I wonder what my heart is telling me right now?

I wonder what I am feeling right now?

I wonder what I am organizing my thoughts around right now?

I wonder what I want to turn towards?

I wonder what is motivating me right now?

I wonder what part of me is in charge right now?

I wonder if this is something I have done before?

I wonder if this is something I have felt before?

I wonder what would feel good to me right now?

I wonder what I am making up right now?

I wonder who I am loving right now?

I wonder who is loving me right now?

Add your Own!

## Conscious Listening

### Commitment is to Getting Inside the Speaker's Experience

#### Ask Questions:

Tune in to speakers experience and draw them out  
as much as they are comfortable

*Tell me more about that.*

*What are you experiencing in your body?*

*Is there anything specific that this is related to? Do  
you want to talk about that some more?*

*What interests you most about that?*

#### Listening for Accuracy:

Listen for the meaning in what the speaker is saying.

Repeat or reflect back what you hear.

#### Listening for Empathy:

Listen under the words to appreciate the speakers' point of view.

#### Listening for Mutual Creativity:

After successfully replicating and recreating what the speaker is  
saying, you can stand with the speaker and begin to invent new  
ways of relating to the situation, problem, or person.

## Conscious Listening

### Examples of Listening Filters to Notice

*Listening to Fix*

Problem solving the content

*Listening to Find Fault*

You haven't really...

*Listening to Rebut*

I don't really believe....

*Listening to Minimize*

You don't seem....

*Listening to Compare*

What about me?

*Listening to Avoid Conflict*

*Listening to Be Right*

*Listening to Hear Whether I Am Liked*

*Listening to Defend*

*Listening for:*

Criticism

Rejection

Abandonment

Approval

## Witnessing

These questions are to guide us in exploring our patterns of attention so we can invite all of ourselves and our participants into the room with unconditional acceptance - renewing and awakening our curiosity, our openness, and our direct relationship to the sensations and feelings in our bodies.

Being an unconditional witness opens up the ongoing development of our own loving internal witness.

Unconditional witnessing from the heart is one of the most important things we do as facilitators.

Have fun exploring and just notice whatever arises for you - just notice - analyzing will take you out of looping.

Happiness comes when we dance with the flow - when we participate with whatever arises.

**Begin by just breathing and relaxing as you unconditionally bathe the room with your attention.**

### **Noticing patterns of attention:**

Which of my senses do I favor?

Do I focus more on sight, hearing or touch?

What kinds of things draw my attention? What is fascinating?

Am I influenced more by movement, sound or color?

What kinds of things do I get bored with?

When my attention wanders, where does it go?

Do I plan? Do I reminisce? Do I space out?

What will call my attention back?

What happens if I focus on one person? What is the speed and rhythm of my looping in and out? What makes it hard for me to stay focused?

What sensations am I feeling in my body?

What am I feeling? If I breathe into those feelings, what happens to how I see the room?

What happens if I witness as a “well wisher?”

What things do I tend to see more often or less often?

What parts of the body am I more aware of or less aware of?  
(including mine and/or the person I am witnessing)

What happens if I witness from an individual body part?

What happens if I witness with a full bodied “Yes?”

What do I find myself thinking about over and over?

When things get upsetting where does my attention go?

When things get pleasurable where does my attention go?

### **Loop of Awareness - Witness Tool**

Loop of awareness refreshes your energy and is a  
fundamental facilitation skill.

1. Turn your attention out to the room or another person with an internal hummmmm
2. Turn you attention to yourself generating curiosity with an internal hmmmmm
3. Continue shifting.

Notice your own pace and pattern of shifting attention.

What is the rhythm of your oscillation?

Play with shifting your attention quickly and slowly.

The purpose of the loop of awareness is to free your attention. Rather than your attention getting caught by one thing or by one point of view, you can choose where to put your attention or whether your focus is narrow or wide.

## **Rituals of Well-Being**

8 Appreciations a Day

Tan Chien

I Am Here

Tapping Breath

Hand On Heart

Catch Happiness

Grounding

Move and Breathe

Six Word Meditation

Cortisol Breathing

Rooting

Tapping Breath

Never Ending Gratitude

## **A Six-Word Meditation to Come Home to Your Body**

### **Notice Breath**

### **Soften Belly**

### **Open Heart**

Set an intention of opening your heart to the good of all.

Begin by sighing a few times to help you arrive in the moment.

### **Notice Breath**

Just let all your breath drop down around your heart field as if you were breathing in through your heart and out through your heart. Take a few moments to really drop the breath down into your heart giving yourself the space to arrive there.

### **Soften Belly**

When you feel that your breath is there in your heart begin to soften your belly. Just let the belly and the abdomen all soften and automatically your jaw will begin to soften as well and then let your whole body begin to soften. Feel the space behind your eyes soften and the tips of your fingertips and the back of your neck. Just letting everything in your body begin to gently soften and flow.

### **Open Heart**

As you soften your body you will feel an expansiveness begin to emanate from your chest. Begin to let feelings of well-being and gratitude gently bubble up and fill your heart. As you do this your heart continues to expand and open. Let that heart energy flow through your whole being creating a nourishing and restoring space for you. When you're ready you can let some of that the energy flow out into the field for others.

Softly rest there in your heart for a few minutes to close.

## Persona Interview

1. Have your person choose a name for the persona they are exploring.  
“What would you like to be called?”
2. Ask them to take a big step into the persona – exaggerate.
3. Ask the following questions - listening and loving as you hold space for their exploration.

Be sure to repeat the name they have chosen at the start of each question.

\_\_\_\_\_, what are you most proud of?

\_\_\_\_\_, what is the most important thing to you?

\_\_\_\_\_, when are you most valuable to me?

\_\_\_\_\_, when did you make your first appearance?

\_\_\_\_\_, What was going on in your life at that time?

\_\_\_\_\_, what are you most afraid of?

\_\_\_\_\_, what do you really want?

## **Essence Interview**

Have the person you are interviewing  
choose a name for their essence.

What do you value the most about yourself?

What is the most important thing to you?

What inspires you?

What makes you feel energized – alive?

What brings you joy?

Who do you trust the most in your life? And Why?

What makes you feel valued?

What makes you feel safe?

What brings your body back to ease and flow?

What are you wishing for in your life?

What are some ways to express who you really are?

What new “ways of being” are emerging in you?

What is the new story do you want to live into?

## **Journey to Joy**

What do you like to do in the morning?

What makes you smile when you are doing it?

When do you think you are just having fun, not working?

What makes you feel energized and alive?

What flows effortlessly for you?

What do your dreams tell you that you love?

What do you imagine a lot?

What do you often wish for in your life?

What do you like to do in the evening?

What brings up a full body "yes" for you? ("Yes, Yes, Yes!")

## **Finding Pathways to Exit the Triangle**

We begin by asking ourselves these questions and then see how that opens up these explorations for our clients. It is important to check and see if we are on the triangle as we navigate the delicate balance of guiding others.

This brings us back to the practice of pausing and checking into our body sensations and responding to those cues with movement and breath. Then we might notice something from our past that is activated or from our current struggles in our life.

Often our awareness of that will be enough to put us automatically on the healing mandala, remembering where that response is coming from, loving your body and your inner being that is triggered, and emerging with the simple action step of coming back to being present for your client.

## **Wonder Questions to help move from Villain to Challenger**

Hmmmmmmmmmm.....

I wonder what agreement has been broken?

I wonder if there was a clear agreement to begin with?

I wonder how I am keeping this going - consciously or unconsciously?

I wonder if I could let go of being right?

I wonder who I am really angry with?

I wonder how old this part of me is?

I wonder what truth I have been afraid to face?

I wonder what truth I have been afraid to speak?

I wonder if this is how I want to show up?

I wonder what this is costing me?

I wonder what else I could be doing with my time and energy?

I wonder what needs loving in me right now?

## **Wonder Questions to help move from Hero to Coach**

Hmmmmmmmmmm.....

- I wonder if I have asked them what they want?
- I wonder if I could see them as able to take responsibility for their life?
- I wonder how this is familiar to me?
- I wonder who I am really rescuing?
- I wonder what I am afraid will happen?
- I wonder if I could let them make their own choices?
- I wonder what we could both learn from this situation?
- I wonder what information I am missing?
- I wonder if my perceptions are nor true for this person?
- I wonder what this is costing me?
- I wonder what else I could be doing with my time and energy?
- I wonder what needs loving in me right now?

## **Wonder Questions to help move from Victim to Creator**

Hmmmmmmmmmm.....

- I wonder what truth I am distracting myself from?
- I wonder how I keep this story going?
- I wonder what I am not saying in this situation?
- I wonder what I am most afraid of?
- I wonder what I really want?
- I wonder if I could ask for what I want?
- I wonder what I can appreciate about this situation?
- I wonder what I can learn from this situation?
- I wonder what resources I could call on to ask for help?
- I wonder if I can show up as my empowered self?
- I wonder what this is costing me?
- I wonder what else I could be doing with my time and energy?
- I wonder what needs loving in me right now?

## Mapping Tool

1. What stories does my body have to tell?
2. What has brought me the most joy in my life?
3. What am I most longing for in my life

|                    |                             |
|--------------------|-----------------------------|
| <i>Home</i>        | <i>Spiritual Path</i>       |
| <i>Friendships</i> | <i>Romantic</i>             |
| <i>Family</i>      | <i>Relationships Career</i> |
| <i>Travel</i>      | <i>Car/Transportation</i>   |
| <i>Health</i>      | <i>Community</i>            |
| <i>Hobbies</i>     | <i>Fashion</i>              |
| <i>Body Image</i>  | <i>Work</i>                 |

Place the longing in the uncharted territory. (future)  
 How does it link to an event in your childhood? (past)  
 Find a way to connect the two that moves the longing into the present,  
 into the possible.

### 4. The Uncharted Territory

What new lands have you recently discovered but have not yet fully explored? What new perspective could I observe this with?

What do you want to add to your map to support you into venturing into that territory?

What do you need to love in yourself to realize a dream in your uncharted territory?

5. Does anything on your body map surprise you?
6. What new, lost, or remembered parts of you are wanting to show up on your map? What could I shine some loving light on in my map?
7. Do you see any patterns that need loving, need forgiving?
8. What is the most loving thing I could put on my map?
9. What fears do I want to acknowledge on my map and overlay with compassion or joy?

## Mapping Tool cont.

### Different pieces to look at for mapping:

Life changing experiences - turning points

Stories that I need to tell

Great moments

Funny moments

Accomplishments

People I love

People who have loved me

Difficult times

Secrets

Fears

Things not understood

Life dreams and wishes

### Variations of focus or structure for a map

Head Map

Heart Map

Hand Map

Whole Body Map

(Uncharted territory could be coming out of different parts of your body) Soul Map

Spiral Map

Abstract Map

In the Moment

(Could be collage from images that jump out at you from magazines - either with a focus or not)

I am, I was, I will be

In the beginning, In the middle, In the end

**Creating a New Story with New Patterns**  
(Shifting Out of Fear)

**With Self:**

Open your Heart - Hands On Heart

Slow your breathing and let it gather around your heart into  
your Heart Field

Embrace and love yourself just as you are

Turning toward feeling - energy - with Love and Compassion

Breathe down into your Essence

Noticing your body shape and make a shift

Moving , dancing, wiggling, and playing in your Body

Wondering and being Curious

Gather your Rainbows

Cortisol Breath – Coherence

Seal off body

Tan Chien

I Am Here

Rocking in the Arms of Love

Catch Happiness

**With Other:**

Open loop of awareness

Make gentle eye contact

Listen appreciatively and generously

Speak from your body experience

Be generous to other – See their essence

Be a Rainbow for Someone

## Emerging from Achiever into Creator

### **Achiever Identity – Externally Focused for Worth**

#### **Organized Around:**

Performance Responsibility

Competence

Approval

External Validation

Doing Things Right

Rewards For Output

#### **Can give us:**

Agency

Safety

Belonging

Legitimacy

Control

### **Creator Identity - The Birth of a New Story**

Instead of wondering how to fix ourselves

or how to succeed more,

#### **We start asking ourselves big questions like:**

I wonder what life is trying to be born through me?

I wonder what the universe wants me to manifest?

#### **More specifically:**

I wonder what I really want?

I wonder is already emerging in me?

I wonder what resources I could call in to help me create what I want?

I wonder how I can step more into my authentic self?

I wonder what I'm afraid of?

I wonder what needs loving in me right now?

I wonder what I want to contribute to the future?

## Walk to Reclaim - Portal to the True Self

Describe Johnny Moses Tulalip (Tuh' lay luhp)  
(Johnny, whose traditional name is Whis.stem.men.knee  
(Walking Medicine Robe), carries the Si.Si.Wiss (sacred breath,  
sacred life) medicine teachings and healing ceremonies of his  
Northwest Coast people.)

Bring journal – water if you wish, time keeping device, and  
journal to record your journey or insights if you wish.

Begin by walking out onto the land doing the sacred walk,  
letting gratitude flow through your body, and letting your  
body lead the way. You may walk for a long time or a long way  
or a short way or sit for a long time or go fast or slow at  
different times. This is your journey.  
Let your body tell you what it wants in each moment.

Pause three times on your journey when your intuition, body  
energy, senses, and heart guide you to, and see through new  
eyes what is there.

What does the earth want to tell me, to say to me, to give back  
to me as I walk to reclaim the deepest parts of my being? What  
has spirit been keeping safe for me?

At each pause you may be called to meditate, to just sit quietly  
and listen to the earth sounds, to pray, to sing, to dance, to  
sound, to breathe, to write in your journal, and if you wish -- to  
gather a tiny amulet from the land to add to your flag.

Then return to your group starting point.

You have 45 minutes for this journey

## **Facilitator**

### **Chose a starting point for your group**

Take your group to the starting point you have chosen.  
Hold hands in silence as a group  
Create heart field so feel safe and supported

Pause to let that happen.

We walk into the unknown with courage and joyful  
anticipation  
To see what the earth has been holding in sacred love for us.

Group begins Sacred Walk in silence slowly as ready

When the group has all returned to their starting place,  
Gather your group for a few minutes in silence together  
holding hands in circle.

Then guide group by doing it - to slowly begin sharing with  
each other by sounding and moving together, weaving through  
the circle as all sound and bless and appreciate self and each  
other.

Add in calling out words of discovery and reclaiming all  
together – each person could have many turns randomly –  
word will overlap each other - taking plenty of time here  
including some silence if needed.

Then share with each other verbally how that was or how  
people are doing in two groups or as a whole group if that feels  
better.

## Four Steps to a Positive Brain Using the Mandala

### 1. Awareness

Notice a positive experience - like the sunset of flowers or night stars or create one - like gratitude, or an accomplishment.  
**and pause.**

### 2. Embracing

Deepen into that experience for 15 - 20 seconds.  
Notice how it feels in your body.  
Notice where you feel it in your body?  
Let this feeling expand through your whole body - into your fluids and your bones.

### 3. Loving

Love this awareness and expand and embellish it as it sinks even more deeply into your body, letting it fully land.  
Feel it soothing your whole body - moving around and calming and loving you, as you love you.

### 4. Acting

Notice how good you are feeling.  
Move into the open space created by this feeling and see what seeds you might plant.

This experience is now a resource for you when you drop down into a negative pattern that wants your attention. Call up a positive experience that you have focused on and allow this strong positive energy to sift gently down into the negative story, loosening it up.

## **Creating Positive Affirmations with Sentence Stems**

*You will always perform consistently with how you see yourself.*

I am the living, breathing essence of .....

I am... (three-word description of you)

I want to have an impact on...

I believe really strongly in...

The life experiences I bring to the table are...

My unique contribution right now is...

I support my personal evolution by...

My new story will include...

I feel myself opening to...

My heart is telling me to...

My gut says...

I am ready to let go of...

I know I am truly present when...

I create inner safety by...

My resources that are always there for me

are... I feel confident and strong when...

I feel joyful when

I feel content and peaceful when

More than anything I love to...

What I love most about myself is...

## Two Minute Mediations

### Why Meditate:

- Live a more conscious life.
- Awaken to more of my own true self.
- Connect with my divinity.
- Give myself to something bigger.
- Listen far beyond my mind.
- Be able to live in alignment with a deeper order, with a deeper beauty, with a deeper wisdom, the deeper truth about things.
- Enables me to see differently, to perceive, to understand, to know something I couldn't know before, couldn't see before.

### Craig Hamilton's Concentration Exercise

1. The in breath
2. The out breath
3. The space between the out breath and the next in breath.
  - When you're breathing in, you're riveted on every moment of that in breath,
  - Which then flows directly into the out breath, and you're riveted on every moment of the out breath.
  - Then when there's that pause between the out breath and the next in breath, allow your attention to just rest in the stillness that's there, bringing your full attention to the stillness of the moment.
  - Then the moment the next breath starts, you follow that all the way up, on the next one all the way down, and then bring your attention to the deep sense of stillness.
  - The key is 100% attention to every millisecond of the cycle with no wandering of your attention.

### **Possible Meditation Narratives**

Some simple words to say to guide yourself or your clients into meditation.

To Begin each time:

Take 3 deep breaths - (in for 5 and out for 5). Letting go of any tension in the body, in the mind, in the heart. Letting it all go out with the breath and with gentle movement.

Allow yourself to be fully in this moment, aligning your full energy and attention in this moment.

### **You are Sacred Perfection.**

*(Very healing to move to this as it is spoken to you.)*

Your true nature is sacred perfection.

You are a beautiful profound wellspring of goodness, truth beauty, and love that has no end, no limits, that flows ceaselessly through you to the world you as you say yes to it, as you align with it.

You are a blessing to the cosmos.

### **Nothing Missing from this Moment**

*(Move and breathe as you hear these words, following your body impulses.)*

Let everything be just as it is.

Nothing lacking.

You are already whole and complete, missing nothing.

Every moment exactly as it arises is overflowing with fullness, wholeness, and a perfected essence.

Allow this moment to be as it is right now, to happen.

Being with whatever is - dropping fully into the experience you are having right now.

### **Allowing the Flow**

*(Let the fluids in your wise body guide you into gentle fluidy movement, or imagine you are free floating in warm water.)*

Tune in for a moment to the flowing, moving, nurturing fluids in your body.

Let your mind flow gently with those fluids.

Being as you are - no need to change a thing.

Just let everything be the way it is right now.

Reality is just a flow of events.

Flow with whatever is happening right now in your mind and your body.

Know it is the only thing that should be happening.

Nothing is missing.

Just be fully here right now.

### **Allowing Life to Happen**

*(This makes a great moving meditation - moment to moment)*

Allow your experience to be whatever it is in each moment.

Allow your meditation to be, yourself to be, the whole world to be.

Let your experience just happen.

Let each moment change into the next moment.

Let your experience change from one moment to the next.

Your hands are wide open. Letting go of struggle, influence, and holding on.

Just allowing life to happen - being in your bodies without control or judgement.

What is - in this moment is enough.

### **Simply doing Nothing**

As you are gently breathing in and out, allow yourself to drop into a place of simply doing nothing. Resting deeply into the cells of your body.

For a little while don't do anything at all.

You don't have to try to figure anything out,  
solve any problems,  
change how you feel,  
or change your state of consciousness.

Just be,

just be as you are,  
doing nothing at all.

Resting easily, allowing your body to restore.

### **Nothing to Know**

*(Try this laying down out of gravity, even on the earth if you can, and let your body slowly release into the earth -- like the roots of an ancient tree.)*

Allow yourself for just a few moments the freedom of not needing to know anything.

No need to know who you are, or what's going on, or how to do something.

You're just meditating for a few moments.

You're just being here.

There's no need to know anything.

No need to know.

Nobody else needs you to know anything.

You don't need to know anything.

You can just be here, free.

Letting go of knowing in any way.

*(Adapted for the body and positive language from Craig Hamilton's longer guided Meditations)*

## Journaling Questions

**"I am not what happened to me. I am what I choose to become.**

**" Carl Jung**

**Journaling questions to ask your higher self to continue to manifest your own true story.**

**I embrace myself as the source – the creator – the storyteller!**

### **Awakening**

What do I like about myself?

### **Embracing**

What makes me the most comfortable and how would I like to bring that into my story more?

### **Loving**

What can I shine a loving light on in my body/mind/spirit that wants to be seen and loved right now just as it is?

### **Action**

What is the most loving thing I can do for myself today that will bring a joyful energy into my body and soul?

### **Awakening**

What story is running the underbelly of my life that needs loving and moving?

*Examples: I am helpless. I am unloved. I am not enough. I am unsafe.*

### **Embracing**

How does that create obstacles that could surface as I step forward?

### **Loving**

What is the most loving belief I can accept about myself that will help me open up to release this story and receive more love?

### **Action**

Write a positive affirmation that reframes that underlying belief.

## Journaling Questions Continued

### **Awakening**

What needs healing so I can feel safe and release old fear patterns? Where do I feel safe now?

### **Embracing**

Where do I need to transform my external push into internal confidence and trust as I create a new story?

### **Loving**

What do I need to love and forgive myself for (or anybody else) to free up space and energy to write my own story going forward?

### **Action**

Where could I step forward with imperfect action – boldly with no judgment?

### **Awakening**

What could I put in the field of light and look at through a new lens - allowing new neurons to be born in my brain and new connections to be made?

### **Embracing**

Who are my allies – internal and external - that will partner with me in realizing my story? Let the light reveal them.

### **Loving**

What does the light tell me about what I need to love and forgive myself for (or anybody else) to free up space and energy to write my own story going forward?

**Action:** What is the first action step that is revealed in the light that will support me in embracing my beautiful new story?

## Sacred Art Cards

### Materials Needed:

- A piece of 8 1/2 x 11 card stock cut in half any color that makes you happy.
- A glue stick or Aileen's glue.
- Anything that you have in your house that you could glue on to decorate your card - colored paper scraps, fabric scraps, tissue paper, wrapping paper, buttons, sequins, beads, wire, objects from outside - pine needles, grasses, shells, etc.
- A writing tool.

### Prompts:

- Close your eyes and take a deep breath. Ask your heart what it wants right now. What is your heart calling for - a longing, a reaching, some part of yourself wanting some love and attention? Now write a sentence to remind you of this awakening on your card and let the materials you have gathered find their way to your card to honor this knowing.
- Picture a scene with you at the center loving yourself and feeling your heart open to the love around you. See this just the way you want it to be and imagine you are manifesting it right now exactly as you wish. Where are you, who is with you, what are you doing? See it playing out like a movie right before your eyes. Let this be easy and fun. Now write a message to yourself on your card and ground that message into your body by decorating your loving message with your materials - maybe something that represents this scene so you can remember it and start to make it so.
- Draw your path of self-love any way you wish. It might not look like a path. For example, it could be all those molecules moving around. Then add in fun symbols or colors or collage objects that symbolically represent all the ways you can say "yes" to yourself and your authentic story. Choose materials that make your heart sing.
- Think of somebody or something you love or feel good about. Feel into all the reasons why you love this person or place or thing - all the things that flow out easily that you appreciate. Enjoy this feeling and let it drop all the way down into your heart. Turn your energy back to yourself and let this loving vibration flow into your body. Create a sacred card to represent the love you have for yourself and for others and all the ways that creates a new story for you as you step into your optimal self.



## Conscious Body Coaching

### The Body Now Tools Index

|                                                      |         |
|------------------------------------------------------|---------|
| <i>No, Yes But, Yes And .....</i>                    | Pg. 28  |
| <i>Yes And, Story Telling .....</i>                  | Pg. 36  |
| <i>Sensation .....</i>                               | Pg. 56  |
| <i>Shining The Light .....</i>                       | Pg. 57  |
| <i>Walking the Path of Self Love .....</i>           | Pg. 65  |
| <i>Never Ending Gratitude .....</i>                  | Pg. 78  |
| <i>I am Here .....</i>                               | Pg. 92  |
| <i>Finding and Moving Your Signature Sound .....</i> | Pg. 106 |
| <i>Sequential Mirroring .....</i>                    | Pg. 116 |
| <i>Receiving the Gift .....</i>                      | Pg. 137 |
| <i>Rocking in the Arms of Love .....</i>             | Pg. 166 |
| <i>Gossamer Threads / Waking Dream Time.....</i>     | Pg. 205 |