

Alana Shaw:

Well, here we are. It feels pretty powerful given all that is going on and continues to go on, to be together and to keep building the energy the way we would like it to be on the earth. It's so easy to go towards what we don't like. I just want to start by closing our eyes and sending out energy to the people whose children were killed in the shootings, to the Ukrainian people, to all these people who are victims of the violence on the earth right now.

Alana Shaw:

I feel like we have a special energy to send them from our place of health and wellbeing. Thank you so much for that. Let's just go for a four minute check in together and then we'll do another deeper check in a little bit, but just check in around a future for yourself that you are ready to see. Something you're ready to see ahead for yourself that you want to vision and share that with your partner. We'll do some more work with this as whole class -- visioning ahead and picking up what we want.

Alana Shaw:

Go to a partner that Abbey will give you and just take a moment to hold hands and breathe together. In fact, let's make it five minutes so you don't have to rush and just connect for a moment, breathe together, and then see what you want to imagine in the weeks ahead for you that is just exactly what you want. Okay?

Alana Shaw:

All right. Did we all get a good picture ahead?

Speaker 1:

Moving in the right direction. Let's put it that way.

Alana Shaw:

That's a good way to put it. All right. Each week I go back and hang out with the teachings of one of my teachers. And this week, I've been hanging out with Thich Nhat Hanh a lot and all the things I learned from him and the things that he brought to my life. I have a notebook that's full of that. So just hanging in there with that. So I thought we would just do a little walking meditation together in honor of him and his deep teaching on the earth. And this walking meditation has been picked up by literally hundreds of thousands of teachers all over the world. Pretty cool.

Alana Shaw:

Pretty cool thing to think of how you can drop a pebble into the water, and you never where it's going to go. So we're going to begin standing and just take a moment to get on your feet and do some breathing, maybe some stretching, and just arriving in your body, changing your feet back and forth a little and do a little, "I am here. I am here. And I am open, I am here, and I am ready to learn. I am here and I know who I am." Whatever it is, whatever you want to speak to yourself, "I am here and I have energy. I am here and I am grateful to be here."

Alana Shaw:

Whatever it is for you, pausing now, centering into your body. And then let your hands come to your heart and let yourself breathe into that infinite self that is in you -- into the true self. The part that

knows that nothing is missing in this moment. You are a whole and complete. The biggest yes you can possibly say to yourself. All is good. Nothing needs to be different. You don't need to do more, to be more. Just for a moment, embrace all of what is in this moment.

Alana Shaw:

In gratitude for life itself. For the incredible, sacred, divine self that is you.

Keep dropping and rooting deeply into that unconditional positivity of your true nature. That whole body yes of your true nature, breathing, keeping your eyes closed or towards the floor so that you stay as inside your body as you can. Just to check in with you - all as well, feeling the universe surrounding you, holding you, supporting you.

And then slowly, when you're ready, you will blink your eyes open a little and begin to walk in your room.

Alana Shaw:

Moving into Thich Nhat Hanh's sacred walk. As you touch the earth, you kiss it so your foot - kissing the earth. As you lift that foot from the floor, from the earth, a lotus flower blooms beneath it. So slowly we walk, taking the time to kiss the earth and the time to let that flower bloom behind us. Your eyes are open because you're walking with Thich Nhat Hanh into a beautiful future where our love for the earth and the Earth's love for us sustains us. And we're just going to do this for a few minutes. It could be an hour. We're going to do about five minutes where you just keep walking and as you're walking, maybe other things will come into your steps and into your heart as you are looking forward visioning the planet that we want.

Alana Shaw:

You can keep doing the kissing the earth and allowing the blooming lotus flower or you can change to another kind of image that's yours, just breathing, walking, feeling the newness of this moment. This very moment you're in. Each step is a new moment. The connection to the Earth, to spirit, to the limitless possibility of every moment.

Alana Shaw:

Pausing whenever you want to ground back into that limitless infinite self. And always keeping our eyes open as we look out to the horizon, to the possibilities.

Now very slowly, make your way back taking your time and Abbey will take you back for a moment to your partner you were just with. And I would love for you to just check in with how that was for you, whether you could in that very short time, find your way into that space of the moment of all is well of the infinite divine being or what piece of it popped in or anything. Anything that happened is fine, just noticing. And just share with each other for a minute about this moment you were just in.

Alana Shaw:

All right. So why we're playing with this is the thing we've talked about a lot, which is that we could have the most amazing tools on the earth in our basket. And if we haven't integrated them and lived them and we haven't touched our own absolutely perfect essential self ever or hung out with that self or don't believe in that self, then it's very hard to believe in somebody else's self like that. This unique, amazing you has always been there and will always be there. And it's true of every person on the earth. The reason that's so important is that we have a lot of belief that we're separate from other or that in some

way we are more evolved or less evolved or better than, or less than, or all of those things. And in fact, this infinite self, this true self, this authentic place that we land is absolutely a total intersection, a total connecting point for every human on the earth.

Alana Shaw:

We're all right there together. So whenever you drop into that place, you're out of judgment. You're out of comparative mind, you're out of story and you are there with every other human on the earth, no matter who they are or what they're doing or have done. And that's a really powerful place to hang out, to cultivate the unconditional love that we are reaching to cultivate in our hearts at all times.

Alana Shaw:

You can actually create the path that you want, which everybody's talking about now and Thich Nhat Hanh was talking about in the 1990s. You can create the path that will carry you forward into those authentic and magical parts of yourself – like your spirit being in the waters. You can reclaim those pieces of yourself that you left behind. It is never too late.

You can discover new ways of being along the way if you make that choice. I want to choose the path that will carry me to the realm of pure delight, of radical spontaneity, of absolute possibility. And anytime I'm choosing any less than that, I am selling myself short. Because it's all there, it's all available. One of the things we do with ourselves and with our clients that helps with this is we together will clear some of the old narratives, old stories, old belief systems, memories. I know we've talked about how the brain is 95% memory, 95% emotional memory, and that's mostly what we live our life from. We want to clear those old ways of operating. We want to let them go because they mostly were assigned to us. They are not ours. They can come from trauma and from experiences and emotional memories.

Alana Shaw:

And most of those came from another layer out, which was a family member, a parent, a grandparent, an aunt, an uncle, a church, a school, a neighborhood, a friend. Some people were traumatized by friends more than family, or by whatever the prevailing myths are in our culture today. The prevailing belief systems that we have bought into whether we know it or not. Although I think most of us know the countries we live in, the cultures we live in, our ancestry. What kind of story we come from, what our history and the history of our family is at least in this incarnation. And all of those stories, all of those choices belong to the people, the organizations, the energies, the ancestors, they belong to the ones that gave them to us.

Alana Shaw:

Rarely do these narratives take me to my own authentic gifts or to the life that I want that's filled with alignment and service and fulfillment and possibility and joy. Right? So I mean, what we know now through all the quantum physics is that woven all through all of this is possibility. We are not at the effect of our genes. We are not at the effect of ourselves. We are not the effect of our heritage. We are not at the effect of our brain. All of it is valuable. All of it moves, all of it changes. So that's the good news. And also, the other really good news that's been really fun for me in my life is that the weave of the last 75 years in my life has a lot of things I would've done without, but it has a lot of things that were magically beautiful for me.

Alana Shaw:

So we don't want to throw out the baby with the bath water. We don't want to throw out the 95% of the brain that has memory because there's great memory in there too, and positive memory in there too. And those pieces, those positives have been showing up all along the way. And the more we release the habituated stories that take us down into that negativity bias into that old brain, the more we let go of what no longer serves us and gather the pieces that do serve us and then build on those with new possibilities that we could never have imagined.

Alana Shaw:

It's that wonderful thing we've been talking about - that you can't know what you don't know. It's so enlivening for me. Every day, there might be something brand new for me to know that I didn't know that I can take forward on my journey. We're going to do this a little bit differently today, but I know that Abbey sent out something for you all, but I don't know that you all got it, which is you need to have a fairly big piece of paper. You could do it on an eight and a half by 11 piece, but it'd be nice if it was a little bigger for you and a pen. So if you didn't bring that, then take a moment now and get some paper and a pen.

Alana Shaw:

All right. Everybody have something to write with and let's see, everyone are you there? Yay. So just put your paper and pen down to start with.

PART 1 OF 4 ENDS [00:24:04]

Alana Shaw:

Just put your paper and pen down to start with and you're going to stand up in your room and you're going to start at whatever age has memory for you. So some people remember being a baby, some remember starting at age four, some don't remember anything until they're seven. Whatever memory you have, that will be your starting point. And I just want you to walk through your room without trying to figure anything out from age say seven up until the present day.

Alana Shaw:

As you're walking, just notice: "What stories is my body telling when I'm seven, when I'm 10, when I'm 14. Maybe you're moving in curves or in spikes or in even flowing. Maybe you're going uphill or around corners or downhill. You might get very quiet on your path. You might get very bold. You might want to make sound or talk to yourself as you walk. Just noticing friendships, family, health, hobbies, body image, relationship, spiritual paths, community, work, whatever comes up, let yourself go chronologically up in age along that path and pause whenever you want to just let anything go that you want to let go if you want to do that or just keep walking right on through, because you're just noticing. You're not reliving, you're not retraumatizing, you're just noticing people I love and have loved me, what I've accomplished at each age, secrets I still hold, dreams I had.

Alana Shaw:

You're just letting yourself feel it in your body. What does it feel like to just go from four to seven to 10 to 15? It's all happening in your body, letting your frontal lobe rest.

Alana Shaw:

And when you feel like you have come to your present age, just come back to the computer and then I will know, and there's no hurry. You can take your time to take this journey. And if others they're taking longer, just rest. If you're not, take your time until you are then just go to your paper and just draw whatever you remember of that walk. Not trying to get it just right, not trying to have a great memory, just let your body record that path from four to 75, wherever you land in that and just draw that path on your paper, just freehand it, not worrying about any labeling at the moment. Just see if you can let that path fall spontaneously onto your paper.

Alana Shaw:

And then once you've let the path fall onto the paper, go ahead and add any words or pictures or colors. With colored pencils or crayons if you have them to create soft labels for the experiences that pop in as you look at your path. Noting great moments, funny moments, accomplishments, births, deaths, relationships, good times, challenging times, fears, learnings, things not understood, whatever, just without re-experiencing those beautiful moments, just notice them, label them along your path.

Alana Shaw:

And maybe as you're labeling, you'll make a spike or make a curve or send something down to the bottom of the page because that's what your body wants to do with it. Make something surrounded with sunshine and something else that wants to disappear. Cross it out. Let your little inner child beautiful being, your innocent person, just do it. There's no right or wrong. There's this amazing path that just falls on the paper and then all of these thoughts that fall along the path. And if yours ends up not being chronological explicitly, that's okay too. Doesn't matter. This is your map, your life's map to date. And if you are running into something that has a lot of energy, just take a deep breath, put your hands on your heart and let it float away. Old story.

Alana Shaw:

And if something pops in that won't let go, circle it with a big circle and tell yourself that you will get some support from the universe or from a person or from your higher self when you have a little more time to focus on that one moment and move on the next moment.

Alana Shaw:

And whenever you're ready for another step, you'll do what Lizzie was doing and you'll take your paper in your arms and walk the path again, holding your paper so you can see the path and follow it. And then pause at places where you want to let go of something, leave it right there. The earth will take it. It just takes a moment to do that. And then maybe that same place where I'm letting go of something, there's something I want to take with me. I might get down on the floor to draw or write for a moment and just add in a positive thing I want to take with me. I've let go, but there's something more I want to bring with me.

Alana Shaw:

You can move that spot. You could stop in that spot and sing. You could pray. You could dance. You could breathe. You could write. You can love it. You can gather it. Put it in your heart if it's something you want to take forward. Put it in your cells. If you want to release it, give it to the birds to let them wing it away for you. Let the winds blow it or maybe you want to visualize burying it in the earth. So let

your creative beautiful, innocent self, walk this path, carrying your map when you're ready, adding things in, letting go of things, singing, dancing, breathing, clearing what wants to be cleared and gathering what wants to come forward with you into your new day.

Alana Shaw:

Take every opportunity you have to embody anything on that map, embody the release or embody the gathering in any way. Sound, movement, prayer, breath, embodying all of letting go and embodying all of the gathering, creates a new neural structure in your brain. And you have a long time now to do this, to keep doing what you're doing, to walk when you're ready to walk, to let go, to embrace.

Alana Shaw:

And what has brought me joy in my life... And maybe you'll even encounter what the mapping folks called an uncharted territory. So somewhere around 50, there was this open land that didn't have a map and I walked right past it and it was an opening. So what do I want to add to my map to support venturing into that uncharted territory? What do I want to love in myself that didn't get the love it needed then that's ready now?

Alana Shaw:

And especially see if there might be a surprise or two for you, a place that needs forgiving or a place that needs loving. So just walking, drawing, recording, breathing, releasing, embracing, making this life map live alive in your body, allowing it to live in your body. So the process itself is a step into uncharted territory. The process of moving, singing, sounding, breathing, embracing, it's all new for you in this moment.

Alana Shaw:

As you're getting ready to just complete this moment with this, this is an ongoing project. Just look back over and notice, "Okay. I have some of the things I wasn't so happy about. Do I have plenty of memories? Have I put down, have I noted the good times too?"

Alana Shaw:

Just take a look at it. Just notice, add things if you want, that you close your eyes and think of. "What gave me joy in my life, or what's the most loving moment of my life?" Let's see if there's anything you want to add at this point. It's not a done deal either way.

Alana Shaw:

Then, we're just going to go into groups of three or four, and just share whatever you want to share from this. Only what you feel comfortable sharing, and maybe you'll get some ideas from the sharing, of things you want to add to your map, while people are talking or sharing

I think at least 10 minutes. This is not to process together, it's just to share. I really don't want to encourage you to enter old painful memories and deepen them more firmly in your body, but just to share, right? Maybe, the question could be, "What surprised me, or what brought me the most joy? What nourished me? What am I wanting to carry forward?" Those more positive questions. As we let go of the rest, what do we want to carry forward? What do we feel excited about?

Alana Shaw:

We'll do 10 minutes, and then let us know if you need more time.

Abbey Dubois:

Here we go.

Alana Shaw:

How did that go? Everybody okay? Anybody have anything they particularly want to share with the whole group, before we take a break here? Yes, Holly.

Holly:

The thing that was really funny to me in some ways, but also surprising, medicine never entered my pathway. As I walked around, the fact that I did Planned Parenthood and went to med school didn't even cross my mind.

Alana Shaw:

That's the surprise.

Alana Shaw:

Yeah. It's a wonder, it's a surprise. I like these surprises. All right. Well, let's take 10 minutes here. Let's come back in 10 minutes.

Alana Shaw:

Then we'll finish up together. Good job, everybody. I just want to ground this a little. This is a unbelievably powerful coaching exercise, especially wonderful if you're in person and you can actually do it with your person. Every time I do this, I learn something new, I have another surprise. I let go of something more. I open up to something else.

Alana Shaw:

Next time, we will really deepen into walking the path forward, and all the ways you can take your client forward from this. There's a mapping tool in your notebook which has all kinds of ideas and suggestions.

Alana Shaw:

One of the things that can be really powerful, that I've done with people that this lifeline is a bit much for... for me to do 75 years is a pretty extensive thing... but you can do a heart map, a head map, a hand map. You can trace around your whole body on a big piece of paper, and map things out on your body. You can do soul maps, spiral maps, abstract maps, that's all in the mapping tools.

Alana Shaw:

Sometimes, we just make a color field of what it feels like in our heart right now. That's mapping the heart, right? It can be... or somebody could be really, having had a trauma at 15 that they want to work through, so you can go back and really map what else was going on then, what was good then, what was supportive then, and remake that history with them.

Alana Shaw:

The biggest warning I have, which I did say to you all too, is that the intent of this is not to take people back into the negative memories. There is nothing to be gained by re-traumatizing ourselves, or re-experiencing. There's a lot to be gained by just going, "Okay. That was then, this is now. That was then, and look how far I've come." That's what a lot of this map is about.

Alana Shaw:

"Wow, look at my arc of health and growth. Look at all that I've learned in my life." Even my 20-year-old, who I just did this with, had a lot that she could see that she had learned. She'd been in a severely abusive relationship from the time she was 14. She had an incredibly difficult history.

Alana Shaw:

It didn't matter. We looked at all the ways that she had grown, stepped out of things, taken her power, let go of things, found new directions, and the strength of that, together. So, it's just important to always be guiding the process.

Another thing that really can work super-well is to get a huge stack of magazines and decorate your timeline with images from magazines. It's a way to take it one step away from you and make a collage that winds all through the map. So, I made one in a spiral once with Nancy Spanier – 25 years ago - that was really healing for me. I started young and spiraled all the way out, and then put images all around that spiral.

Alana Shaw:

It was a really beautiful piece of art in the end. It really helped me see my path, without going to the specificity of a certain person or a certain energy. I just kept moving it out through the spiral. I still have that. I kept it, because it was such a great affirmation of where I had been, where I had come to.

Alana Shaw:

The next step of mapping the path forward is about that. We don't have to be afraid of the memories. We don't have to be afraid of looking back. We don't have to fear what has happened to us. It is done. It is over. Interestingly enough, we sometimes forget that. We live as if that memory was happening right now.

Alana Shaw:

So, a lot of my fear in my twenties was related to my father's violence, but he wasn't anywhere in my life anymore, and I was still living in fear of him. That's what happens with the brain. It keeps these things active, right? We can actually restructure the brain to release them and go on to a new story. The new story will be something that we don't know. That's what's so magical about it.

Alana Shaw:

Do you have questions about this, or worries, or thoughts to share? It is a big process, and as you look at the mapping tool, you'll see there's many different ways to come at it. How was it for people? So, everybody's okay? Anybody need to just ask for some support, ask to have some energy, anything that you want?

Alana Shaw:

That's what we are here for, to connect and love each other. That's really all we're here for. So, hey, we could just spend the whole two hours sitting and looking lovingly at each other, and that would be plenty. Yeah? Everybody okay? All right.

Alana Shaw:

I want to take this one more step tonight, which in order to not leave you with a complexity of the past in your brain. So, I want everybody to just take another walk in your room, and we're going to go into this much more deeply and much more completely, but I want you to just walk forward into an unknown vision.

Alana Shaw:

Start walking with no idea where you're going, no idea what's coming, no idea what might be around the corner, or up that spike, or down that hill. Put yourself in any environment you want. Walk into the unknown with joy and anticipation, and enlivened openness. See what your body, your heart, your soul, your energy field has to show you.

Take three or four minutes, which is a long time, and walk into the unknown, breathing, dancing, singing, sounding, anything you want, that wants to happen for you. What wants to happen right now in this moment? Just this moment that you're in.

Alana Shaw:

If your brain starts to want to land it, to define it, just move, and breathe, and sound, and open back up, open your heart, open your chest literally, your back, your belly. "Where might I learn something that is not from my frontal lobe, 40% of my brain, but the rest of me wants to learn too?"

Alana Shaw:

Now, just keep doing what you're doing. Keep moving and breathing in the space.

And I will guide you into a movement exercise that is called hands in the air, hands on self, hands sharing with all. So we have, I'm reaching, I'm gathering, I'm finding new possibilities. I don't know what they are. I don't name them. I bring them in to my heart, to my belly, to my legs, to my face, to my toes. I dance the dance of hands in air - gathering, hands on self - integrating. Then, I offer all that I know, and that I love and that I am, to the whole Earth, over the mountains, out into the sky, letting it go.

Alana Shaw:

Then, I gather some more, and maybe I gather for a long time. Then, I suddenly spend a long time just integrating. Maybe, I am offering for a long time. On your own time, hands in air, hands on self, hands offering. I'll just put some music on, and I'm going to dance with you.

PART 3 OF 4 ENDS [01:12:04]

Alana Shaw:

And just taking a moment to finish your exploration and come back to the computer. Taking your time to complete your movement, your dance.

Alana Shaw:

Well, that felt good to me. I hope it felt good to you. So, we've one thing to talk about, but before that we've had requests for more sharing as a whole group, that it feels like we only get little bits and pieces. I thought we would close today with each person just giving a couple of sentences, sharing a couple of sentences about some insight you had, something you learned, something that felt good, something that was surprising. But just be vulnerable to each other, which is the biggest story towards health and wellbeing.

Alana Shaw:

People just come in as they're ready. Would that be all right? Maybe raise your hand, like some of you do and then we'll know who's ready to go?

Alana Shaw:

Anna.

Anna:

So what surprised me about the drawing, the mapping exercise, and I shared this with my little group, but in my head, the sad part of my life seems way bigger than what it appeared on the page. So that felt like a relief. Because that was just a small part of my life, actually, when I was a child that was really tumultuous, and the rest has been like self-exploration and leading to self-love. So, that felt empowering to see that.

Alana Shaw:

Mm. Beautiful. Thank you.

Stephanie:

Something I want to take forward with me in my vision, is the realization when we were just doing this last piece of, when I share the energy out, that it doesn't have to deplete mine, that it can be a looping energy.

And also, just the gentling of the things on my map that I used to traumatize myself with, the gentling of it and remembering how much I've learned from all of those things. So, that's what I want to take forward.

Alana Shaw:

Beautiful. Yes!

Abby:

I really like looking at the map I created. I had this moment where I realized in my 29 years on this earth, I've had 20 plus different lifetimes it feels like, with all the adventures and the different phases of my life and the different versions of me. Just realizing all that I've already lived and all that I will get to live too.

Alana Shaw:

Hmm. Oh, I'm so glad somebody suggested this sharing. This is so beautiful to hear. Thank you all.

Alana Shaw:

Yeah. Hand on heart is how I feel too, Zara. It's like woo, deep, deep feeling.

Speaker 2:

I'll share. I feel like from this mapping journey, I was really able to see and feel in the body just how strong that I am, and really giving myself a chance to acknowledge that. And also just on this journey with this group of people, of realizing, yeah, it's okay to love yourself. In fact, you really should. I feel like that's something that's not necessarily culturally acceptable.

Alana Shaw:

Mm, lovely. Thank you. Thank you. So universal, we all get each other's wisdom. That's the wonderful part of it.

Evelyn:

I just focused on a part of my life where I felt a lot better than I'm feeling now. I was more directed. And that felt really good to me. That was what I needed to do. But I didn't do the whole map. I don't know if you can see this, but I did a picture of the energy I was in when I was feeling a lot better, and I had more sense of direction in what I wanted to do with my life. And it felt really good to do that, because the things I wanted to do then are things I still want to do. But I got back to an old, really good feeling. That was really helpful.

Alana Shaw:

Hmm. Beautiful.

Speaker 3:

Yeah. I had such a profound experience of my dad dying when I was eight, and I shot out of my body in search of him, and in search of if I was okay or not. And then spent most of my life shooting out. And now I'm in a process of coming back in, spiraling back in and spiraling home. And I had a really profound experience of him surrounding me and grounding me and helping me rest and relax. It was really beautiful.

Alana Shaw:

Wow. Thank you.

Alana Shaw:

Suzanne.

Suzanne:

I had a sweet experience of feeling the trust in myself, from my whole life. Just this feeling of I'm okay. That's served me really well when I haven't been okay. So, that was really sweet. And then this last piece was just delightful, of being able to share, not with one other person, but with the whole planet. And I just had these really profound moments of that feeling like you talked about at the beginning, of being not an individual but a collective, and being a support structure and balm. So it was really, really sweet. That's how I feel.

Alana Shaw:

Thank you. Thank you. I think the word balm is a very ancient word that we need to reignite. To be a balm for the earth. I love that word.

Perry:

Amazed that I was brave enough to do that at 20 years old. And some of you may not know, but the circumstances around my joining the military was basically a get out of jail free card. I got into a tiny bit of trouble, but because of where I was living, they wanted to make it a really big deal. And so with a lawyer in tow, I managed to stay out of prison and joined the military instead.

Alana Shaw:

Wow.

Perry:

And you'll laugh about it, because it was because they found pot in my car. Yep.

Alana Shaw:

Oh, let's send that boy some energy. Whoo.

Perry:

But I would not be anywhere near the person that I am today had I not taken that journey, and did it with my chin out and my shoulders back and breathing deeply, and embracing all of the newness and the changes that occurred.

Alana Shaw:

Yay! Thank you. Perry.

Holly:

What surprised me in that last bit, what I needed actually was a lot of gathering. And what I found was, some of the most profound places of gathering, besides the mountains and the trees, were pieces of art that I have created. And a particular photograph up in Alaska that I absolutely love, that's just a beautiful fall picture. And it surprised me, but what it left me with was just this incredible sense of coming home to myself. And a peacefulness, something I think probably that I've been missing, perhaps trying to be something else. I don't know. But I have some pieces that I've made over the years that are in the house, and it was, "Wow. Those feel good to me. That feels like me."

Alana Shaw:

Mm. Beautiful. Thank you. So we have Zara and Laurie, right?

Zara:

Yeah, I can share. Just quickly, I noticed that the years are not equal in my map. Some look longer and some look shorter in my drawing. And that's interesting. I did it very intuitively, so it was really beautiful to feel how the years felt without actually thinking about any specific things that might have happened that year. And it actually filled me with a lot of compassion for the way that I felt life, in moving through

my system. And gave me things to work with and to hold within myself, that... Like I felt at age 13, what came up was, "I'm not ready. I'm not ready to go, to move forward." And then the same thing at 14, I was like, "This is too much, too fast."

Zara:

And so I'm in my work with myself, just going to go back and hold myself in that. And I think I need to play more and just let that child have full reins more of the time, and just be in those moments more fully when it felt like I was pressured in the past to be an adult now, and just go back and hold myself and say, "It's okay. We can slow down."

Alana Shaw:

Mm. Yes. Very powerful.

Zara:

Beautiful exercise.

Thank you.

Laurie:

I didn't want to share today, but all I'll say is, physical pain gets in way of exploration for me. So I'm hoping that I'll be able to listen to the recording and do it over. That's all I'll say.

Alana Shaw:

So just close your eyes a minute, and let's just send all of our loving energy to Miss Laurie and her physical body, soothing with balm.

Laurie:

Thank you.

Alana Shaw:

Thank you for sharing that, Laurie.

Alana Shaw:

So something that Zara said just reminded me of why this is so important. She's in touch with her 14 year old and has compassion for who she was at each phase of her life. That's what you bring to coaching, right? That's the story. Can you stand right with whoever you're working with at whatever age they are stuck in, at whatever age they need to give some energy to, at whatever age wants to be changed or opened or shifted? And the way we can do that, is we can stand beside ourselves in each phase of our lives, on our map with compassion and love.

Alana Shaw:

And the more we know that deeply and own that deeply, the more we're able to stand in witness with others. So thank you for all the sharing for going over a few minutes. This was really special, especially for me - really affirming in terms of this process.

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Alana Shaw:

And I love you all so much more than I could possibly express. It would be very difficult to figure out how to say it enough. So let's just send love to each other. Unmute. Let our voices come together. Hold Laurie in our hearts. Hold Lulu in our hearts as we go forward.

Alana Shaw:

Love, love, love.

Abby:

I love you.

Perry:

Love to you all.

Alana Shaw:

See you all Thursday. Thank you. Thank you.