

Abbey:

All right. Hi everyone. It's so great to see everybody. So I'm about to throw a lot of information at you, so please feel free, there we go, to stop me, ask questions, anything like that. So the first part is just kind of how the flow of our course is going to work together. As you all know, this is a six month course, we'll meet four times a month, on Tuesdays and Thursdays. And the Tuesdays are going to be the times that we learn all these great new tools, there'll be some interactions. But Thursdays will really be our interactive day. And what I mean by that is on Thursdays, we're going to be able to practice the tools that we learned on the previous Tuesdays with each other. And our Tuesday sessions are two hours. Our Thursday session is one hour.

Abbey:

In terms of our Thursday sessions, a very important piece to that is that there's 12 hours total in our Thursday sessions. In order to be certified as a conscious body coach, we do ask that you do complete those 12 hours. Now we definitely get that life gets in the way, so we do have three makeup sessions available. So if you do miss a Thursday, there'll be three other times that you could pop into one of those makeup sessions. And I will give you those dates here in just a minute.

Abbey:

And yes, we'll also have a closing session together in July, and that will just be a time for us to complete together, to connect, and really ground together as a group, before we move out into the world and start doing this beautiful work and hi Steph.

Alana:

Hi Steph.

Abbey:

Yeah. So any questions about that before I go onto some technology? All right. So for our technology, I will be your tech guru for the course. If you have any problems, any questions, please feel free to contact me, even during a session. You can do that either by the chat and you can put it in the chat or you can do a direct chat that will only come to me. The other way is you can give me a text and I will see it pop in and will be happy to answer your questions. Say, you get kicked off the Zoom call, feel free to call me and I'll help you to get back on. I think everybody has my number, but just in case, I'm going to put it in the chat for you.

Abbey:

All right. So our next little bit is our website, your member page. And I'm going to screen share here in just a second to show it to you, but that's going to be really your kind of home base for all your resources and everything that you're going to need throughout this course. So let's get that up on the screen.

Abbey:

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All right. So this is your member page. I did send you a link in the email earlier today, so that you can access it. And I'm going to come back to the forum, but for right now, we're going to come down. This welcome section will have the Zoom link that we'll always use. So you can come here to hit it. I will also email it to you. It has some information, for example, using a laptop is definitely preferred for this course, rather than a cell phone. It just makes it easier to see everybody and what's going on.

Abbey:

And then just a little section about taking care of yourself, comfy clothes, having water, all that. For your schedule of events, you can click on your time zone, and I did update those calendars to reflect the makeup sessions, but I also put them right here for you. So these are three makeup session dates. And July 7th is going to be our closing session date. So all that info is right there for you.

Abbey:

And that brings us to our notebook. The other thing I want to say about this webpage is this web page is going to grow as we go throughout the course. An example of that is we're going to record every Tuesday session and have that up for you 24 hours after the class to view and to go over. And you'll be able to find a link to that recording, it'll be right on this web page, I'll make a new section and you'll be able to find it very easily. And that also goes for transcripts. They will also be available for the Tuesday sessions. And they'll be also right on this page for you.

Abbey:

Our notebook here, just like the website, is going to grow as we go throughout the course. So, I'm going to add pages into it as we continue. And this is your starting notebook. And if you're someone who likes paper like me, you can definitely print it out. And you can also view it right on your computer.

Abbey:

And I think that's going to bring me back to our forum. So our forum right here, I also sent a link in the email earlier, that'll bring you directly to the forum, but you can get to it from your member page. And this is just a place for us to discuss, connect, ask questions, share. As you can see, I made a little post today just to show you kind of what it looks like, just a little welcome message and you're able to comment and we can really interact with each other on this forum.

Abbey:

Now to be on this forum, you do need to make an account as they call it. But I promise it's really easy. I'm already logged into my account. Let's see if I can. Yeah, I can log out. So when you for come in, you can hit the login and it will prompt you to make your account. It's very simple. You can use your Google email or other email address, your Facebook. We can get you logged into it. So if you have any troubles with getting into the forum, just let me know and I'd be happy to help you with that. And yes. Oh, right here. Get started. Sign up today. That's where you can make your

account. Any questions about the notebook website forum so far? Nope. All right, great.

Abbey:

So my last little bit for you is that with our Tuesday sessions and recording them, there will be times that we go into breakout rooms. And how Zoom records is that it will record whatever breakout room I am in. So if you do not want to be recorded in a breakout room, please just send me a private message and say, Hey, I'd rather not. And I will keep track of that. And I think that is everything I have for you.

Alana :

All right. Thank you, Abbey, Abbey, Abbey, sending lots of appreciation. So as you can imagine, you saw that beautiful webpage with your notebook and just all the work that Abbey has put into being sure everything is really there and accessible. And in that regard too, we're totally open as we go through this six months together to feedback like that's hard to find, or that doesn't work, or I wish you had done that. Anything like that, we would love to hear that you have.

Alana :

The forum is a really special thing and often we don't use it. So we took it out of Facebook, so it's a private forum just for us, so that you don't have to be on Facebook if you don't like Facebook. And the thing that's really beautiful about it is if you're having insights or ideas or questions, and it's where you form a community. So everybody who's here today has a lot of wisdom, a lot of experience, a lot of background. Knows a ton about everything we're going to be visiting. None of you are beginners, so to speak, although we hope we're all coming with beginners' mind, including me.

Alana:

So just know that sharing with each other, it enriches the experience in a really big way, because now you have the wisdom of the whole group. And it's one of the things we really believe in, in Turning the Wheel, is that group wisdom, the intellectual group. It's a powerful tool. So if you feel called to, or you like it in the between times, Abbey will be watching that all the time and letting me know what to go over and questions. And so, feel free to use that.

Alana :

All right. I would like to begin by just appreciating all of you for being here. It's really an incredible thing to say I want to be more conscious. I want to bring consciousness. I want tools to bring consciousness to myself and others. I mean, I think we're really here as a group because we share that commitment to consciousness. Again, to finding a heart centered, inclusive way to live on the Earth. And that means one that is truly unconditionally loving and grounded in the impulse to serve what will be for the good of all. So we'll be spending a lot of time looking at stepping out of ego and into what we call the conscious true self or the evolutionary

self in Craig Hamilton's words and seeing what new information we get. If we let ego step aside.

Alana :

Don't get me wrong, ego serves its purpose and we need it and we're not going to try to disappear it. But there's so many times where we want to, or we would like our response to come from a different place. And certainly in becoming a coach, it's one of the most important awareness's we can have. Where are we responding from? And when we responding from ego, we tend to put projections on others. And when we step out of that, we tend to be able to see that person and illuminate them in the light of who they are and trust in a process beyond our own self.

Alana:

So this is going to be an ongoing exploration for all of us to just keep wondering into what are we contributing to the story of our own evolution and the evolution of those around us who want to walk the path beside us. And the really interesting thing is that, the people who come to you as you begin to be a coach, or as you've been coaching all your life, because you're drawn to this, you've always had a natural affinity for coaching, the people who come are there because they want your help. They want help finding their own magic. And so they are walking the path beside us. And so if we think of us all, everybody here today, everybody who comes to us as walking beside each other. That's a power place to come from, as opposed to, I am looking down on somebody, up to somebody, around the sides of somebody. We're walking forward together.

Alana:

So what is that energy that we are contributing? The HeartMath group talks a lot about the magnetic fields of the Earth. And in fact, every bit of energy, every thought, every feeling, everything that happens in your body goes into those magnetic fields of the Earth. And so to be conscious about that, to have an idea about that, what would I like to put into the fields of the Earth? What would I like to choose to send out to the world. That's a very powerful step into your own empowerment and into bringing consciousness to others. So yeah, just remember all fo this is recorded and will be in a transcript. In beginning today, more than any other day, there'll be a lot more words, but you don't need to worry about remembering them or maybe it does help you to write things down. Whatever's good for you.

Alana:

This six month exploration together is truly, how do we manifest are genius together? How do we live peaceful, joyful lives on the Earth, in a community that radiates well-being out to the universe, to everybody? I want to give you a little bit of history. I think most of you here probably know that this body of work has evolved over 32 years of work, work in the field with thousands of people, literally thousands and thousands, probably 200,000 by this time. And it's time tested. It's flexible enough to be integrated into your own healing systems, into your own

beliefs. And it was created to enhance your story of serving others with body awareness as the key to sustainable change. So when I say enhance, I really mean that because you already know a lot, you already bring a lot. And, and this is to expand that, to add into that. And that's an important concept for all of us to step into together, that we are going to learn and listen to each other and learn from each other in this group.

Alana :

As we move into this, I do need to say how grateful I am passionately grateful to the teams, the past teams and the current teams of Turning the Wheel productions, who helped to develop so many of these healing practices. And we've worked together for 33 years and discovering what works for sustainable change, for ourselves, for meaningful change for the Earth and for the youth work and with the elders and the recovering people and the mainstream folks who want more wellbeing. And the commitment and creativity and loving energy of all of those teams through the years has been the basis of this work and the basis of my wellbeing, for sure. And thousands of people across the Earth.

Alana :

So this work that we're going to step so deeply into has been around a long time now and doing its job. I also want to say that I've had literally hundreds of teachers in this process and the wisdom of all of those is woven through this whole body of work. It'd be really rare if any of us actually made up anything that had never been made up before. But as we integrate new things and fold them in and weave them, they have a new life, a new way of being seen. We have a new perspective on them. And so I will acknowledge these teachers as we go through the months together, because it might be that one thing will really catch your eye, and you would like to study with Jean Houston or with Claire Zammit or with Liz Lerman, or with Craig Hamilton, for example.

Alana :

A lot of this is also a synthesis of my 75 years here on the Earth. And so it's not all from teachers, but it's also from living my life and all the things that I've been through in my life and all the experiences that I've had. And all the different guides and teachers who walked me out of a childhood of intense trauma, into my own joy and wellbeing, into a life with seven children and eight grandchildren who are incredible teachers for me, and who have brought so much wisdom to my life and navigating all of that. It is that inheritance, that legacy, that heritage, that continues to walk me into believing in myself and in the future of all of us living beings and of the Earth, the living Earth itself. And so I acknowledge that there's so much, so many people who are a part of this story.

Alana :

So a little bit more, and then we'll jump into some action here. This model that you're going to learn is in fact, very unique. It is using many, many different teachers to put together a really unique model. And in many ways, it's revolutionary in the

field of coaching and healing. In the last six months, there's been a lot of interest from trauma therapists and body therapists about what does it mean to really work from the body knowing, from the body wisdom. And it has a lot to do with being committed, to not fixing others or knowing what they need, which will be what you need, not what they need, but acceptance of them and empowering others to create a container for themselves where they can know what they want to love, to enhance, to manifest in their own lives.

Alana :

And that's still not the norm. It's growing, it's growing in the field that you're entering, but it means that we will not be taking a form that you will now lay on another person and then make a conclusion based on how they fill out a form and then tell them what they should do with their life or any one of those kinds of linear coaching models. This is a very moving spiral coaching model.

Alana :

I see you all as unstoppable forces of love. That's what this is about. Can we become truly unstoppable forces of love on the Earth? That nothing, no matter what we believe about anything, vaccination, not vaccination, other ideology, other political beliefs, other religious beliefs, other body beliefs, nothing will stop us from coming with love. That that is where the deep healing comes, bringing our self-love, which is the biggest, biggest hurdle for us all, to jump through, portal for us to walk through, over and over again. Bringing our self-love and our self-appreciation to the table, we get to offer a model that has language, movement, sound, breathing, creative expression, artistic work,

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every kind of exercise you can imagine goes in your basket to guide your participants on a path of embodied self-discovery.

And of course, hand in hand with that, is our commitment as unstoppable forces of love to become clear and clearer vessels ourselves. So that we're less and less in ego and more and more in our conscious true selves, living from that place so that we can bring our love and wisdom in a flowing and unrestricted way so that we stay open and moving in our own evolutionary process. Because fundamentally, it's not a process that ever ends, it's a lifelong journey, evolving consciousness of ourselves and the world around us and we're going to come to that commitment through embodied practices. And that's partly, what makes this a different basket for you to pull from, to know what to do. So I just want to pause a minute and see if there are comments for questions before we move into today's practices. Everybody okay? A lot of words.

Alana :

So one of the reasons I like the transcript which we're so excited about learning how to do for you is that some of us learn better reading than hearing. I'm not an

auditory learner, I tend to do better when I read and underline things and write notes. So just take care of yourself with everything we're doing and know it'll all be there to reference back to. So every month has a theme and the January theme is the first step on the mandala which is about awakening, waking up, being present, discovering, it's that first stage of growth, right and if you combine awakening with willingness, there's nothing that can stop you. It just flows, it just will move forward and so I just want to ask everybody here, are you willing to jump into this, to do these exercises, to be a part of this journey, are we stepping in together as a team with our willingness? And if you feel that is absolutely, there for you, thumbs up. If you have questions, I'm assuming there's no thumbs down or you wouldn't have signed up. All right. So Evelyn, are you thumbs up, my love?

Evelyn :

Oh, I don't know, I was trying to get unmuted. I don't know if I'm willing yet. I'm would like to stay in the background until I feel safe.

Alana :

So the thumbs up is, are you willing to step in with your commitment to give it all a try?

Evelyn :

Of course.

Alana :

All right. Yeah. It seems like a silly question but it helps us to say we're willing sometimes when we begin. So let's just do a tool that I use and teach that's very simple from Chi Gong, at least it came originally from Chi Gong and then Jean Houston modified it and then I modified Jean Houston. So I don't know who claims it at this point but it's called Tan Chien and it's something that I start every day with. I never start my day without it.

Alana :

And so one of the things we'll be learning is the whole series over the six months of morning practices that you can teach people and there's no substitute as a coach for helping people find a way to start their day, that sets them up in alignment with the universe and the flowing source of love into their own bodies. So this is a really simple one and many of you have done it before but I'll just talk you through it again. So let's just begin by shaking out a little bit, taking some breaths and seeing if you can just get here a little bit after all that talking, take a deep breath and make an audible sigh.

Alana :

So you hear yourself sigh and then just let your hands float up towards the heavens towards the sky, the stars and let that energy that comes from whatever you think of it as the great spirit, the great mother, the Starlight energy, the universal source

of unconditional love begin to feel that flowing in through your fingertips, that loving source and now in your fingertips through your arms right into your heart. So on your in-breath, you allow it all to come in and on the out-breath, you drop it deeper into your body. So as you breathe out, you drop it down into your belly and your pelvis and down into your feet.

Alana :

So we do that three times breathing in and allowing the flow, feeling it come in and then breathing out, dropping it deep down all the way through our bodies. And one more time breathing in allowing the love in and breathing out, you feel it drop into your body, the love in your bones, the love in your blood, your whole beautiful body is being bathed in love. When you're complete on your own time, you could let your hands rest at your sides. And so sometimes people have a hard time with this shape for three long breaths in and out and if you do, you can just open your hands to receive or do the shape a little lower - just work slowly to the place where you go to an altered space and you don't even know your arms are there anymore - taking really good care of your bodies, okay.? Always, no matter what I'm saying, you will rest when you need to, you will change the shape when you need to.

Alana :

So another piece of this morning practice, Tan Chien, can be a quiet prayer for what you want for your day. So I usually say, let me be of service and guide me as I do a session with Latisha today, or session with Holly today or a session with Everett today and I ask for guidance. It helps me feel less insecure entering my role as coach. It's like, I'm not doing this I'm channeling what the universe has to offer through my heart to whoever I'm with. So this is a really important beginning concept, right. We are opening ourselves to a wisdom greater than our ego knowing and allowing those truths to flow in.

Alana :

So I want to say again that this is a very quiet group right now but that you can just wave at me at any point and say, "I have a question, I need to make a comment," as we go, let me know. I might forget to pause and ask but you can just interrupt at any time.

Alana :

There's nothing reverent or sacred about any of this, it's all community and energy. So right now I want to just create a little heart field connection with each other and then we'll get our names in the group and do some small group check-ins together so we'll get you all participating a little more. So just let your hands come to your heart like Lizzi was doing after the Tan Chien, which is a great way to close your Tan Chien - with your hands to your heart and just breathe in through your heart and out through your heart so letting all the energy that lives in the frontal lobe of our brain, just drop down and rest into your heart. So you're channeling right into the heart brain and breathing into the heart and out through the heart.

Alana :

And while you're there, I just want you to open that heart field by noticing who you love, who loves you, what you love, where you love, maybe it's the trees and the mountains or your pet or your child or your friend or your partner or your family, just filling your whole heart up with loving appreciation, gratitude for your life and for all the people that you love and that love you. And then as we're here, deepen our hearts, just letting the energy from our hearts flow out across the world, across the United States through the magnetic fields of the earth to each other. So we'll create a heart field for this group, our connection, our love for each other, our commitment to support and stand beside each other in the six months as we go forward. And you can send that loving energy right out through those magnetic fields to everybody on this call and begin to feel the vibration change as we truly connect. And then very slowly taking your time, there's plenty of time just breathe and relax and return to the screen as you're ready.

Alana :

All right. Thank you. That felt really good to me, I hope it felt good to you. So we're just going to take a moment to say your name and make any kind of gesture you would like to make as you say your name and we will all... And just say your city so I would say Alana Boulder, just because I think it'd be fun to start by having a little knowledge of who everybody is on the planet right now. And then we'll just all say your name and your city back to you and copy your gesture, okay. So everybody could unmute - it's fine for this to be a little noisy and fun - So we hear everybody's voices and everybody's voices get in the field. Voices have so much power - so here we go. I will start Alana, Boulder.

Audience:

Alana, Boulder.

Alana :

Anybody can go who wishes.

Katie :

Katie, Missoula.

Audience:

Katie, Missoula.

Lizzi:

Lizzi, Missoula.

Audience:

Lizzi Missoula.

Perry :

Perry, Wilmington.

Audience:

Perry Wilmington.

Evelyn :

Evelyn, Boulder.

Audience:

Evelyn, Boulder.

Susan :

Susan, Longmont.

Audience:

Susan, Longmont.

Holly :

Holly, Boulder.

Audience:

Holly, Boulder.

Laurie :

Laurie, Boulder.

Audience:

Laurie, Boulder.

Heather :

Heather, Hamilton.

Audience:

Heather, Hamilton.

Stephanie :

Stephanie, Cedar Rapids.

Audience:

Stephanie, Cedar Rapids.

Lulu :

Lulu, Boulder.

Audience:

Lulu, Boulder.

Alana :

All right. Yay, everybody got... Oh, sorry, Abbey.

Abbey:

Oh, that's okay. Abbey, Nevada.

Audience:

Abbey, Nevada.

Abbey:

And I think... Okay.

Zara :

Zara, Nelson.

Audience:

Zara Nelson.

Alana :

Do we have-

Laurie :

I think Anna is frozen.

Alana :

... yeah. She looks frozen. Anna, [crosstalk 00:44:46] smile.

Lulu :

Anna is frozen in Hamilton because it's cold.

Alana :

Anna is frozen. Oh, that's too bad. That's going to happen, I'm afraid for her she started out that way. All right. Well maybe you go out and come in Anna and you'll unfreeze. All right. So what we're going to do next is, and we'll just fold Anna right in, is Abbey's got you in groups of three or groups of four in a breakout room. And everybody know how to do that when it says to go to the breakout room, you just click and go, right. And at the end it says it's over but there's a minute of clicking down so you don't have to leave the second it tells you the time is up. I forgot to do this with you, Abbey. But if you are in the middle of something, that's really, and we've not left enough time then just text Abbey and she'll help us. Anna, check in.

Anna, Hamilton.

Audience:

Anna, Hamilton.

Alana :

So what we're going to do in your check in group with three or four people, is start with an appreciation of yourself. Just something you appreciate about yourself and any intention that's bubbling up for the six months ahead. You don't have to be more than a sentence, my intention is to be present and learn what I can learn or my intention is to change my perspective on blah blah or my intention is to, just a sentence, okay. And you could even say, I don't know what my intention is but I'm here whatever you like, okay. Anna did this or everybody let's all do this, that Anna did we didn't do this, here we go, and Anna.

Audience:

Anna.

Alana :

All right. So a self appreciation, intention statement, each person has about a minute and ready Abbey.

Leave for breakout room #1

Abbey:

I am, here we go. Well, I'll keep an eye for it but let's go ahead and get started just so we don't run out of time.

Katie :

Sounds good.

Abbey:

A self appreciation and intention, correct?

Katie :

Mm-hmm (affirmative).

Abbey:

My self appreciation is just how much flowy I can be. I'm very, I can move and improvise and I just have this flow about me that I really love and it helps me through all the waves of life and I'm really appreciating that today. And my intention is to soak up as much as I can from this course and just take it all in.

Katie :

Mm-hmm (affirmative). I love that. I appreciate just that I'm here and present. I haven't been the most present lately, so it feels really good to step back into myself and my intention throughout this is to really just soak in the tools on self-love and then learning how to spread that and get back into that world.

Stephanie :

Oh great. Thank you. I disappeared and went to never land so I'm back. So let's see, an appreciation about myself would be, I appreciate that I keep looking always for new paths and new possibilities. And my intention for this course is to keep expanding the possibilities of getting back into my coaching and making it even more effective because I use Turning the Wheel things already but this will give me new ways to look at some of the same things and other ways to think of new things so that's exciting for me.

Abbey:

Mm-hmm (affirmative). Beautiful. Before I close the room, I'll just share. So I was appreciating my, I initially said flow but I think it's really my improviser, how I'm just able to go with the flow and improvise with everything. And then my intention is just to be a sponge and soak as much as I can in.

Katie :

Yeah. Mine simplified is just appreciating, choosing to do this course because I was on the teeter-totter and my intention is to just really soak in the love and then to spew it back out.

Return from breakout room #1:

Alana :

Just to ground for a minute everybody just close your eyes and let yourself feel a sense of appreciation for being here. I mean you have to know that there's not even 300 people on this planet who would make this commitment you're making right now in this crazy time. Just deeply appreciate yourself for being here and let any intentions throughout the rest of the night tonight. Any intentions that bubble up, just raise your hand and say, I just had an intention I want to share. We'd love to hear intentions from anybody.

Alana :

So so we just did something that is probably, the most important tool on the planet and seemingly the easiest and simplest and no matter how many times I review and think about it, I learn something new which is appreciations. And so how we use appreciations in coaching particularly, because what we tend to do if we are not conscious is to go towards what's wrong. So somebody was checking in to the start of a coaching session which is where you begin with a check in and they're talking about they forgot to do the breathing exercise and their spouse was meaner than

ever this week and their little kid got COVID and they took a moment and walked through the trees outside to get re grounded and then they came back and there was a phone call they'd missed that they needed.

Alana :

You go right for that moment they took to walk in the trees to get grounded, that walk they took in the trees, you go right for anything in that whole long check in that could be appreciated that could encourage them in their path, right. And it's really much easier to go to, "Oh, I'm so sorry to hear that and I don't understand why you're still in that marriage when he's that mean and I don't know why, are you vaccinated? Did you get COVID because you're not vaccinated?" All these different, crazy places we can go. But the trick is either to appreciate something that went well or to say, I just so appreciate your honesty right now. I appreciate how much you're sharing with me, how vulnerable you're being to let me know how your week has been. There's always something you can appreciate.

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Alana :

And that's where you want to begin and stay for the whole hour and a half. You want to stay there. And so in your notebook, which Abbey showed you, there are a couple pages about appreciations, and it's really helpful to look at that before we do the coaching practice on Thursday, because there's so many different ways to appreciate yourself and appreciate other. And we tend to kind of get in a rut with our appreciations, makes them less meaningful. So the more specific your appreciation, the better, I really like the way you look today is not nearly as helpful as something specific. Heather Bunch said this to me when we were teaching in Denver. I really like your pants, Alana.

Alana :

I've been noticing your cool pants. So now every day when I put pants on, I go, Heather would like these. I think Heather would like these pants, it just stayed in my body. And that appreciation was real specific. And it was from one woman to another. And a lot of times as women, we see something we like on another woman, but we don't speak it and we're conditioned to not speak it. And so it had a lot of richness in it. For me, the specificity was beautiful. You also might be appreciating somebody's orientation towards something, the way they view something, you might appreciate their willingness to even be on the call with you.

Alana :

And I think most of you are already pretty good appreciators. So I want to encourage you to take a look at that page, even if you've seen those page many times, look at it and say, oh, I've never done an appreciation of Jesse like this, or I've never done an appreciation of my mom like this, look for something fresh on those pages and then spend the whole next two weeks, just practicing all different ways of seeing and appreciating yourself and others.

Alana :

Just every chance you get, every checker in the grocery store, everybody who serves you salad, every waitress, every person who's working on your house, just every chance you get, just so many appreciations that it's exhausting. It's just like, what you want to do is create new synapses in your brain. And that takes repetition. And if you do it joyfully and enjoying it and making it fun and lightheartedly and not letting it worry you, it will make a new synapse even faster. If you get really serious about it and you really make sure you're doing it, you will probably take a long time building a synapse because you'll be trying too hard. So one of the things you'll see a lot when you're working with clients is people who are trying really hard. That's why they're there. So you get to let them lighten up, to let them let go, to let them see who they are and drop into who they are, as opposed to encouraging them to try more.

Alana :

We want to encourage them to play. So I think appreciations are a game. I think it's really fun to play the game. It's like, every chance I get, where is an appreciation? Whether it's said, I just dropped that jar and broke it all over the floor. Okay, how am I going to appreciate that? And there's always a way, and it gets to be funny and fun. So yeah. So do take a look at those. So the next thing that's the most important thing we'll do today. And you're going to have a 15 minute breakout to really experience it with another partner, but I'm wondering it's seven o'clock, do people want to have 10 more minutes and then take a 10 minute break or take a 10 minute break now, 10 minute now, thumbs up. Okay.

Alana :

So we'll keep going for a little bit, everybody okay for a little bit. All right, we'll go a little bit into this and then we'll come back. So Abbey's going to put the mandala up for us because that's where we are. And this is the basis first for everything that we know and do in Turning the wheel.

Alana :

We are in the first stage of this mandala, which is awakening in this month of January. And the thing that's interesting about this mandala for you all to see is you could enter, say you have an issue, you have a challenge you face, you have something you want to solve. You're trying to figure something out. You could start that any place on this mandala that you want, and we're going to visit all four of these places and deep it into how you use them as a coach, but you could begin with an action. And then it might say, oh, that didn't work. I've got to back up. Maybe I'll see what I need to learn, what do I need to wake up to, or where is this coming from? What do I want to embrace about this? Or, hmmm, what needs loving here? So it's a process that can go backwards and forwards. Doesn't have to go any direction and be entered any place.

Alana :

And it's take from the fact that we do this a thousand times a day without knowing it, we have an awareness. We drop into it, we allow it, we love it. And action comes out of it and we're just doing it and doing it and doing it, well, it may be a word that's hard, but we claim it. We empower it and we move forward with an action and we're doing it all the time, which is where this came from by observing people doing it. And you can skip it all by simply starting to move and breathe and using all the tools that we're going to learn. So the exciting thing about that is that as a coach, one of your witnessing orientations is you're listening to your person speak and you're listening to understand, not to correct or fix.

Alana :

And you're interested in where are they? Are they just having a new insight? Are they deepening into the insight? Are they already in an action phase? You want to know where they are on this mandala, because that will have a lot to do with what you will offer to them as a tool, as an idea, as a way to reinforce what they're already doing and create their process. And so there are tools that are more for embracing, tools that are more for loving, tools that are more for acting. And ultimately by the end of the six months, you'll have those tools and you won't even have to know after a while tool you're using with what thing, that's more intellectual, but you'll feel it in your body. Oh, this person just needs to love something in themselves right now. And you'll know that.

Alana :

So what needs loving here is a loving action step. That's a loving cue. And it's one that you'll use a lot. So just for a moment, just to play with it, I'm going to make the assumption that everybody on this call has something that needs loving in their inner self right now. So just put your hand on your heart and close your eyes for a minute and ask that question of your heart, ask your heart as you're breathing in and out of your heart, ah, what needs loving here? I wonder what needs loving in me right now.

Alana :

And then just when you're ready, write that down, make a note of that. So when you go to your partner a bit, you can share what your heart told you. Okay. Did everybody get a chance to get that written down? Or if you need more time, let me know. Are we good? All right. Thank you, Lizzi.

Alana :

So I just want to give you a couple of examples and then we're going to take a little break just so that you know, a little more about what we're going to do in our pairs. Cause when you're doing your coaching that on Thursday, this is what you'll be using awakening tools in the system. So an example would be, I was feeling anxious earlier today and I got my body let me know that I was feeling anxious. It's like, ooh, I'm feeling anxious. I have a little bit of a racing in my heart and I'm a little edgy and distractable. And I'm feeling a little nervous and just, oh, especially my body's just

not settling. So that's the awakening. I get that signal, then if I go hmm-mm, I wonder what's going on.

Alana :

I wonder what's happening. I wonder what the root of this anxiousness is, right? And I begin to just stay with myself and stay curious and ask wonder questions, which will also work with this month. And I wonder what's happening for me. I wonder what I'm organizing around. I Wonder what I'm needing right now. And it might be that I'm hungry. It might be that I'm tired. It might be that I'm criticizing myself quietly, unconsciously. It could be all kinds of things. And for me today, it was, oh, I'm starting to doubt that I will bring value. I'm starting to worry that I have to try really hard to do a good job starting the coaching class tonight, that I won't be enough that I won't bring enough - that old default worry was coming up, right. And when I asked the question, it just answered, right?

Alana :

So then I go to loving and it was incredible to just love part of me that is frightened. Love the little kid who never knew if she was enough, loved the adult in me who really wants to do a good job and bring lots of value to people, love the part of me that is committed. The golden side of that anxiety was and is my commitment to doing a job that has integrity, to being in alignment with the universe and channeling whatever it is the universe wants me to channel into this coaching course and listening to the universe, listening to my body, listening to my heart, listening to all of you. And that was all of that needed loving, needed attention, needed me to see it, right? And then the action step just flowed out of that, which was to have a few tears.

Alana :

I let myself feel that sort of, emotional impact of that journey, I'd just been on it. Wasn't sad or happy, it was just a lot of feeling. And then I just released any fears to the universe and asked the great mother, which is what I needed in that moment to just hold me and guide me. And so it was a slow walk through the four steps, right? Not one of those quick ones where I get an insight. I know it's about, I love myself and I act, right? That can happen in a half a second. But this was a process where I chose to put my anxiety on the mandala. And so that's an example of how I had a challenge. And I took the challenge through the mandala.

Alana :

Is that helpful? Are there questions from that? Is that beginning to make a little sense or maybe it makes a lot of sense, right? Somebody spoke, but I didn't hear.

Stephanie:

It does help, it does help to hear that.

Alana :

Thank you. Yeah. So, as we continue to work with this, I think you'll begin to see how every [inaudible 01:08:36] to do you, what it was, and then if we're not [inaudible 01:08:41], we will go to an action step. So if I had gone from, I get where this is coming from, this is an old story. This is the story from my childhood, from my family. I know where this feeling of I won't be enough is this is an old tape that I'm not living anymore, but it's triggered by this new beginning, right. So I'm just going to let it go. Because I don't need this.

Alana :

This isn't necessary. I'm going to just stop this. That is self-criticism, that's the loving step missing the "I really want to love that part of me that's nervous, that's anxious, that is worrying. I want to really embrace and hold that part and notice it's good qualities and let it shine forth. Let it be present." Then the action step will not be a criticism. If we say, I don't need to be doing this. This is not necessary. That's a criticism. And sometimes we don't know that, because we're so habituated to that, it's like, come on Alana, you don't need to be doing this, you are 75 years old. How many more years before you had don't hear yourself saying, I'm not enough, I'm tired of this, right? That is not loving.

Alana :

And that will happen if we don't put that loving step in, and in our culture we have been conditioned to leave the loving out. Self-love is the place that we jump and your clients will jump it so fast, you won't even catch them, they'll be running right into critical action steps before they even get started. So it's a beautiful thing to learn about in yourself so that you can reflect it and see it in others and hold them in love as they jump there. And then you just go with them, okay, I hear that. So what might need some love there that's bubbling up for you? You wouldn't go to, I think you're being critical now and you shouldn't be doing that, right? It's just information, right. So you can help them turn love towards what they're criticizing because they're always both there, the light and the dark. It's just, what are we turning towards? All right. That feel like enough for a break.

Alana :

Yes. What were you going to say, Stephanie?

Stephanie:

I was just going to say that I'm appreciating the piece that you're pointing out, Alana in that we're using this step in the mandala, the awareness step for ourselves as coaches in for our sessions, with the people that we're coaching. And so we're able to integrate it even more deeply for ourselves as we're offering it to other people. So it came at me sort of in a subtle way and I just wanted to speak it and keep that in front of myself. So I thought I'd share it.

Alana :

Thank you. I really appreciate that. I think that's really helpful. Yeah. Katie's going yeah, yeah. All right. So we'll come back at 7:25. Okay. See you in 10 minutes.

Everybody all right. Okay. So here's what we're going to do. You're each going to think of a challenge - you don't have to take your deepest, most intense, unbelievable challenge of your life. You're just going to think of a challenge that you would like to play with on the mandala.

Alana :

Now this is kind of ahead of the game, right? Because we're only in awakening, but I want you to have a sense of how you can play with this. It's not a heavy duty, serious thing that you could only do right. Once you really deeply understand it, it's very usable. It's very natural. So the awakening is about coming into relationship to the experience in your own body. So just take a moment and check in with your body and see what wants some attention. What's an issue, a challenge, a thought, a question that you would like to wake up to and take through the mandala.

Lizzi:

I have a question, Alana. Yeah. The first thing that came up was pattern of tension and holding that I feel in my body, it's not necessarily a cognitive challenge, but it's more of this sensation that I come to over and over again, that I'd love to awaken more to.

Alana :

Yes. Body signals are what we were looking for. So that's beautiful. So you had this tension and your body, and so the awakening is that you are noticing that, you can see that, you have that. Okay. And you can begin with your partner talking about that sensation and what it feels like just to use you as an example and something that comes up a lot, but it just keeps coming back up. So it's like, what happens is that you're awaking and you turn away, which is what we all do, right? And so now you're going to turn towards what is the root of that, right? But first you get to hang out in a little while and just notice that sensation in your body.

Alana :

And for some of you, there may not have been a feeling of a sensation in your body, may be of a thought that came right in. It may have been an energy that you just share of around your body. So I want to just say for sure that everything we're doing, some things are going to land really quickly and easily for you. Others aren't going to make any sense at all. That's okay. Over the six months, it will all make sense likely, but there are things that you'll use more than somebody else in your coaching, because they resonate for you. They land in your body with comfort and ease. Okay. So if by leading exercise and you're just going, this is not happening for me. That's okay. Doesn't have to, you could share that. And then somebody else in the group might be having the same experience.

Alana :

And from that, we might have a good discussion, right? But it's going to be different for everybody as is this journey. So Lizzi will share her awareness and take it

through the mandala, and then whoever she's partnered with will take their challenge through the mandala. And your job is to be a listener, listen to understand, listen to have empathy. So you're going to practice witnessing without judgment, without correction, without knowing what they need, without thinking, you know what the embracing step is, or, you know what the next step is, or, you know what the action step should be. You're going to witness their process and love. On Thursday, we'll do some coaching with it. But today I just want you to witness. So, even if you know the best action step in the whole world for this person, just hold it magically for of them and know that it is there in the universe.

Alana :

But I want everybody to feel safe to take this journey with no comment from anybody. And part of the way you will create safety for them is to just keep looping love, love to them, love to you. Love to them, love to you. Yeah. Just looping that love in and out. All right. So we're going to do 15 minutes with this. And I think that gives you each seven minutes to work your way through the process. I don't have any idea if that's enough time or too much time. So if everybody's done in five minutes, let Abbey know, and we'll come back and do some more stuff with this, but I want enough time for you to be able to stay in your process and notice and learn from it. Okay.. So start by just being sure you know the person's name and that you see each other, you could even appreciate each other. Just connect a moment with your partner before you dig in. Okay. All right. Here we go, Abbey, thank you.

Leave for breakout room #2:

Abbey:

And I'm so glad you ask that question, because I'm in that same boat, it's more of a feeling and I was trying to name it and I have some names for it, but I don't know if it's the right names for it, but I guess I'll describe my feeling first. So I recently have felt that I have put up some like walls or guards around my heart that I normally don't have up. And that in turn has made other feelings very fragile, like trust. And it's definitely a feeling that I've had for, I guess, a couple weeks now. And at times it's definitely more prominent than other times. And sometimes it'll bring me into sadness and sometimes it's just kind of that looming feeling there.

Abbey:

So I guess my awakening is that feeling, and I would say for embracing, I think at first when it came up, I was trying so fast to move through that feeling, because it's not quite a feeling that I like to have. So I was trying to like quickly go through it and I think I really need to embrace that I have it there. And I kept trying to pinpoint or I guess maybe blame like a certain experience of why that feeling came up. But I think I've been staying in that place of blame rather than embracing that actual feeling. And I think I'd like to embrace it in a way that is appreciative in the sense that, I normally don't have guards up.

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Abbey:

I normally don't have guards up, but my body put a guard up for a reason. I think I want to appreciate that my body did that, even though it's entirely uncomfortable. I want to appreciate that my body put that guard up. Yes?

Lizzi:

I have a clarifying question.

Abbey:

Mm-hmm (affirmative).

Lizzi:

If you don't mind, is there a particular person or a particular situation that causes-

Abbey:

Yeah.

Lizzi:

The guard to go up? Okay.

Abbey:

Yeah, there is. There's a particular-

Lizzi:

That you're aware of that.

Abbey:

Yeah, yeah. Ever since that particular incident, it's just been heightened.

Lizzi:

Mm-hmm (affirmative).

Abbey:

The other part is, this is somebody I love very, very much, so I want to work through this quickly so we can get back to the page we were on. It's one of those things where I need to allow time to heal, rather than trying to force the healing. I really want to love myself through this, and I also want to really come from a place of love for this other person, rather than instantly blaming. I really want to love my instincts, I've always trusted my instincts, and I always relied on them. Throughout this last couple of weeks, I haven't really been trusting or following my instincts. I think more of my emotions than my instincts, but the acting is that... I want to add some more self care things for myself that really bring me to myself, back to my heart, and to continue to use the tools I know to have healthy conversations with

this person to mend what is happening, to allow the space for myself to feel this and not rush through it.

Abbey:

I also know I don't want to hold any... I don't want to rush through it so fast that I'm still holding resentment that I'm not owning. Yeah. Did I get all of them? I think I did.

Lizzi:

I think so.

Abbey:

Yeah. Yeah. That felt good, thank you.

Lizzi:

Awakening, embracing, loving action.

Abbey:

Action, yeah.

Lizzi:

Okay. Beautiful, thank you for sharing. Yeah. What I'm aware of is I want to do it right and don't totally trust myself that I know what I'm doing. I'm going to start a class at Willard in a couple weeks. It's a slightly new class and I want to bring in some new material. I've been doing this work for a long time, so instead of trusting that I do know what I'm doing... I think I always get a little afraid of teenagers. Especially teenagers who have experienced a lot of trauma and who are fairly closed down. I can feel myself not trusting that I'll have something... It's kind of what Alana was saying, that I'll have something that they will want, and that what I want to bring to them is... I know it's valuable and I believe it's something, but I don't totally trust that they're going to like me, like what we are bringing, or whatever.

Lizzi:

Instead of turning toward that and just loving that part of myself, that doubts myself, I'll snack or I'll do that other thing that needs to be done instead of just sitting with it, turning toward it, turning toward the lesson plan, and really getting solid in what I want to share and bring. I'll scatter myself. I also trust that it will all come together in its own divine timing, that I can't push it, and that it's working in me. Awakening to, "Here's this pattern again of not trusting myself."

Lizzi:

Embracing it is like just breathing into myself, breathing myself back to openness, back to groundedness, and the love that I have for young people.

Abbey:

Mm-hmm (affirmative).

Lizzi:

All of what I want to share. A beautiful, safe container for exploration, fun, and connection. I keep hearing myself like, "Okay, I'll go sit at a coffee shop tomorrow. Away from my house, where I cannot get distracted with other things, just sit, pull it all together, organize it, and just have a really lovely time with that." Yeah. Yeah. I can feel a sense of a victim place, of, "I can't do this, I don't know what I'm doing," and it's like, "Honey, you do know what you're doing, and it's all going to be just fine. Just keep relaxing." Yeah. Yeah, I think that's it.

Abbey:

Beautiful, thank you.

Lizzi:

Yeah.

Return from breakout room #2:

Alana :

All right. I'm sure there were lots of different responses to that. Let's have a little sharing, if anybody would like to share how that was, where you got stuck, or how it felt.

Abbey:

Yeah. I just wanted to say that felt really, really good. It really landed for me in a way that hasn't before. It was really lovely to talk out what I was feeling through that process. Yeah, thank you. It was very lovely.

Speaker 1:

I'll add in too. Abbey, you sparked a memory for me, which was... Yeah, [01:30:15] across something as I was speaking, the wonder into. That was really great to have that permission. It was a great experience for me too.

Lulu:

I just wanted to say that sometimes the part that's hardest for me going around the Mandala is the part that people often skip, which is the loving part. I start going around and I can easily access what's happening in my body, I can ask the wonder questions, and I can access what needs loving, but then when I get to the loving step, sometimes it's like, "Yeah, I can say that I need loving, or that a part of me needs loving," but I feel sometimes it's still up in my frontal lobe more than I'm actually experiencing love. I sometimes need to make the loving step an embodied one by doing something that has me come back to myself. I don't know if that's skipping to action, but sometimes I can intellectually say what needs loving, but I'm not necessarily feeling that love yet. That's one of the challenges that I can talk

through pretty easily, but yeah, in terms of the difference between saying it intellectually and feeling it. Really feeling it and going through it that way.

Speaker 1:

I want to add onto that one too, if you'll indulge me. We did that appreciation of... It was hand on the heart, I guess it was the heart field, when we accessed all the people we love, all the people that love us, and the ways that we love. As I got to that loving step, it allowed me to deepen into that and really have kind of a visceral experience, because it was very visceral for me this time. That process of the heart field and loving relationships in my life. It was interesting how powerful that was for me, so I just wanted to share that.

Alana :

Yes. The hardest step is loving and I was talking to Evelyn about this, that really, we were just seeing what it would look like to move something around the Mandala. Just to get a feel for it, but we didn't necessarily think in seven minutes you would solve the issue. Maybe that was a little hard. We will spend the whole month of March on tools for embodied loving. All the different ways you could guide yourself and people, like hands on heart, towards actually feeling the love, because I think that is a very big truth that you're putting on the table. That we can pretend that we love something and it'll just come right back around again to us, to deal with again.

Lulu:

I can say I know that there's this little girl that needs loving, for example. I can say this little girl needs loving, but yeah, exactly. I want-

Alana :

Yeah. How do you actually love her and come into relationship to her? It's all about practice, it's all about tools that you have to practice. You have to do them over and over, but you also have to be willing. You have to come to a place where you're saying, "I'm willing to explore what it would mean to love my whole inner story, my whole inner game." We're not always willing. Sometimes it's like, "No, I'm not interested." That's okay too. It's really important to allow whatever's happening as we go together through this six months to be what it is, to love whatever is coming up. If something isn't working, something else will. It will keep moving around. Something won't make sense one week and the week, like Abbey was saying, it landed for her in a way it hadn't before. Once we get to March, I'm hoping we'll be more ready to really embrace the loving step.

Speaker 2:

One of the things that happened to me in the process, and I just realized it after hearing what other people were saying about it. At first, I kept thinking that maybe I... The part that Lulu just said about, "We can tell ourselves that we need the love," but I think that honestly, what ends up happening to me is that when I turn towards loving, one of the first things that happens is I start to feel a sense of betrayal. It's a betrayal that I haven't been feeding my child. Then I start feeling guilty and then I

start feeling depressed. There's a whole lot to get there, there's a lot of stuff to get through, it seems.

Alana :

I think Evelyn would agree, because she definitely had similar feelings. Right, Evelyn? In terms of this not being... I think she's still there. Are you still there, Evelyn?

Evelyn:

Yeah, sorry. I was on mute. I don't know if I felt betrayal. I didn't even relate to it, just like, "What?" It didn't make sense to me. I wanted to work through it, but the loving part... I didn't feel I didn't love myself because of it.

Alana :

Right.

Evelyn:

I didn't feel like I didn't love myself just because I didn't feel safe.

Alana :

Right. What everybody's been saying, I didn't really necessarily mean the betrayal part. We'll get there, I promise. Maybe it was too soon to try to go through the whole thing. I just thought it might illuminate the steps. What you now can see with super clarity, I hope, because it's certainly something I feel all the time is, you certainly can't coach others into the step of loving until it becomes something you can do for yourself. That's the biggest piece of this coaching puzzle, nothing will resonate or make sustainable change externally, embodied or not, if it isn't working for you. You won't be able to bring it, so this process allows us to evolve. Coaching is an evolutionary process, we just keep learning more and more. Lulu, were you trying to say something?

Lulu:

I don't know if I said this clearly before, but one of the points I was trying to make was that I'm aware that how quickly I can go into loving, presence, and being with myself through embodiment. We were doing an exercise where we were talking through it, and what I noticed talking through it, was that a big way that I come into loving is through some of these embodied tools. It's why I think therapeutic intervention, that is embodied, works. I don't always think talk therapy works, sometimes it's great, but for me, the loving springs really naturally out of a body based experience. It can vary what it is. That was one of the things I noticed in just talking through it, and talking through it was [crosstalk 01:38:30].

Alana :

Yeah. Yeah, yeah. That's great, that's really great. [crosstalk 01:38:35] unfortunately, but go ahead, Laurie.

Laurie:

I just want to add, we noticed that it wasn't a clear circle. It bounced back and forth between loving and embracing, and maybe loving and action. It wasn't necessarily a circle that was just a circle, there were ins and outs of the circle.

Alana :

Yeah, that's beautiful. That has to do with whether we've... As Lulu was saying, especially because we're just talking, but whether we actually fully know what we are awakening to and whether we have finished the stage, which is what Evelyn was talking about, of embracing. Really been there long enough to have that fully embodied, through embodied practices, and then moving on. It's also true that it will move around, that's okay. That's just part of how the mind works. It will jump around. Thank you for trying that and seeing how it went, it's not anything that is written in stone. You were brave to dive right into it and I can't believe that our two hours are gone, because there are so many things that I wanted to do today, but let's just close together.

Alana :

Take one extra minute to close together with an embodied moment. Everybody stand up, let yourself stretch, move a little bit, wiggle around a little bit, get back out of your head, and into your whole body. Your feet, your toes, your fingers, your back, your jaw, your eyes, your ears. Anything that needs to have a little attention and motion. As you're moving, I just want you to... Have a little shining light that just moves around through all these different parts. I shine the light in my heart, I shine the light in my elbow, move it. I shine the light down into my feet, feel my feet, and just move this light all around your body, so you're illuminating your being. You're not just moving, you're shining light energy from the starlight energy all through your body. Maybe it goes out your fingertips and, as Laurie says, jumps back into your head, then comes out into your feet, up into your heart, out your arms. Shaking your legs, shaking your arms, and then light, light, light, light, light. Lightness of spirit. This doesn't have to be hard.

Alana :

Then just pause a moment, notice your breath, notice your blood, your heart rate, and your bones. Just let that light shine all around your body, all the places that need some warm, loving light. Maybe it goes up into the top of your head, back of your neck, bottom of your feet, or your belly. Yeah, and if you need to sound a little to move that light, you could sound and breathe. Maybe you have to move a little still, it's like... Just nourishing your whole being with the warm, loving light energy. It radiates right from your heart into your whole body.

Alana :

On a very physical level, notice some part of you that needs a little kindness, a little sweetness. Maybe it's just one little spot in your hip or one little spot in your forehead, and just send a little warm, loving light to that spot. Nurture that place with a little loving light. You might touch that place, you might sound into that

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place. Does that place have a sound it wants to make? Bringing our eyes back to the screen, so we see each other. Thank you. Send this word again. Send a little love, a little appreciation, a little kindness, a little sweetness to each other. Taking a moment to look at each person on the screen and connect to them just for a moment. Sending them your love, your positive, caring... It was a good start, a good beginning. A lot to take in, in one class. Here we go, we'll see you Thursday, and we'll do some practice coaching. I'll give you a couple tools, we'll head right in, and see if we can see what it's like to be a force of unstoppable love on the earth. Yeah? All right.

Alana :

All right. Unmute and send love to each other, Joining our voices.

Love, love, love, love, love, love, love, love.

Alana :

Thank you, everybody. Thanks for your time.

PART 4 OF 4 ENDS [01:45:24]