



Turning the Wheel

*Turning the World Toward New Possibilities*

# Conscious Body Coaching

## Notebook Index

Spiraling Into <i>The Body Now</i> .....	Pg. 1
Review of Mandala .....	Pg. 2-3
January	
• Appreciations .....	Pg. 4-5
• 8 Appreciations A Day .....	Pg. 6
• Wonder Questions .....	Pg. 7
• Conscious Listening .....	Pg. 8-9
• Witnessing .....	Pg. 10-11
• Journal Questions / Awakening Exercises .....	Pg. 12
• Vision Card .....	Pg. 13
February	
• Persona Interview .....	Pg. 14
• F.A.C.T .....	Pg. 15-16
• Attitude Breathing Technique .....	Pg. 17
• Exciting the Triangle .....	Pg. 18-19
• Journal Questions / Embracing Exercises .....	Pg. 20
• Vision Card .....	Pg. 21
March	
• Creating Positive Affirmations with Sentence Stems .....	Pg. 22
• Song Of Praise .....	Pg. 23-26
• Essence Interview .....	Pg. 27
• Journal Questions / Loving Exercises .....	Pg. 28
• Vision Card .....	Pg. 29
April	
• Journey to Joy .....	Pg. 30
• Letting Go Of the Mother's Breath .....	Pg. 31-32
• Four Steps to a Positive Brain Using the Mandala .....	Pg. 33
• Brain Research - Negativity Bias and Happiness .....	Pg. 34-35
• Journal Questions / Acting Exercises .....	Pg. 36
• Vision Card .....	Pg. 37



## Turning the Wheel

*Turning the World Toward New Possibilities*

### May

- Create my Happiness Tapping Script ..... Pg. 38-39
- Critical Voice Tapping Script ..... Pg. 40-41
- Desires and Wishes Tapping Script ..... Pg. 42-43
- Mapping Questions ..... Pg. 44-45
- Journal Questions / Reclaiming Exercises ..... Pg. 46
- Vision Card ..... Pg. 47

### June

- Listening to the Archetypes Within ..... Pg. 48-49
- Journal Questions / Partnering with the Universe ..... Pg. 50
- Vision Card ..... Pg. 51
- Arc of Class ..... Pg. 52-53
- Two Minute Meditations ..... Pg. 54-57



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*Turning the World Toward New Possibilities*

## Conscious Body Coaching

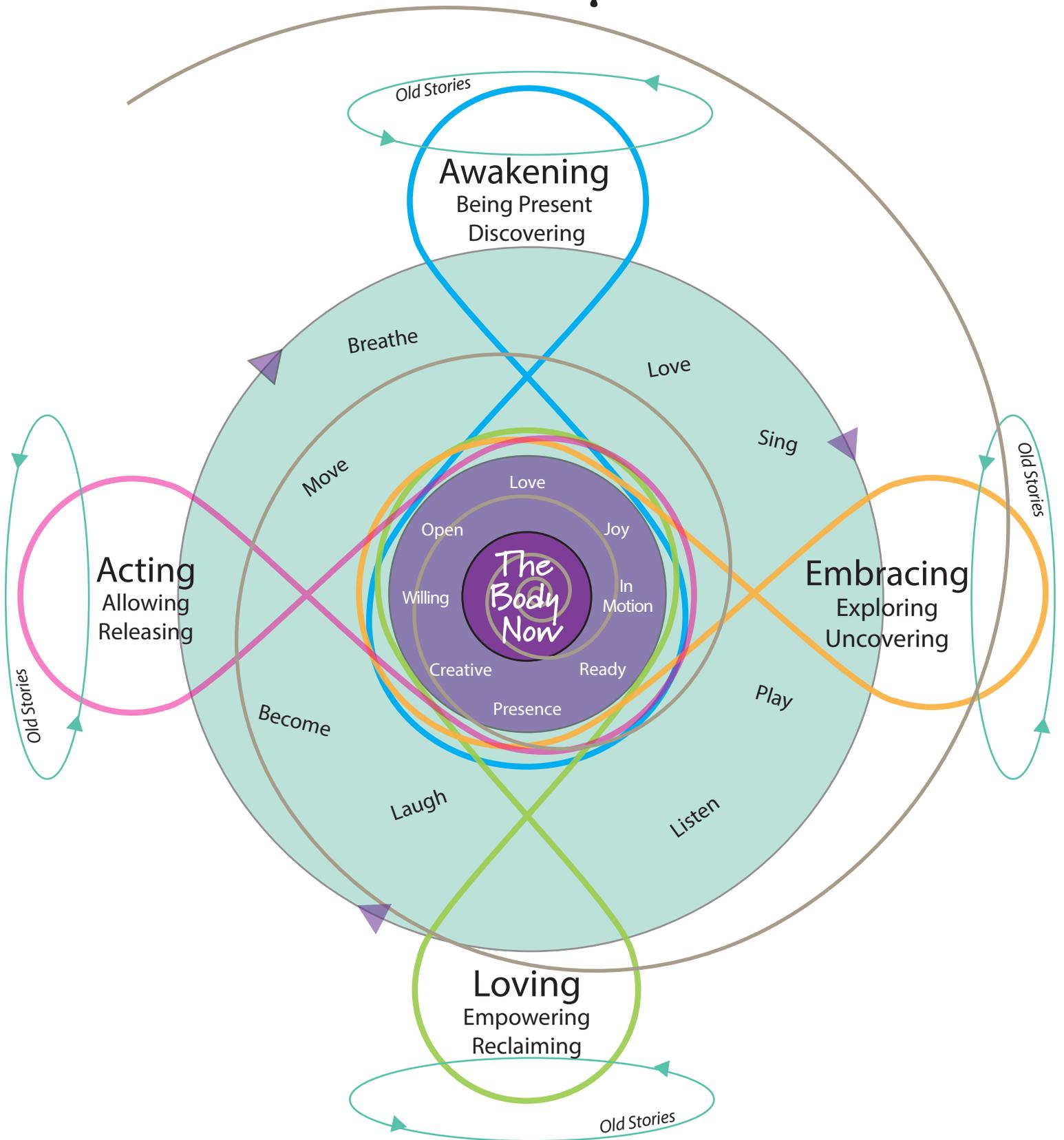
### *The Body Now Tools Index*

No, Yes But, Yes And .....	Pg. 28
Yes And, Story Telling .....	Pg. 36
Sensation .....	Pg. 56
Shining The Light .....	Pg. 57
Walking the Path of Self Love .....	Pg. 65
Never Ending Gratitude .....	Pg. 78
I am Here .....	Pg. 92
Sequential Mirroring .....	Pg. 116
Receiving the Gift .....	Pg. 137
Rocking in the Arms of Love .....	Pg. 166
Gossamer Threads .....	Pg. 205

### *Dancing Our Way Home Tools Index*

Alternating Shapes .....	Pg. 112
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# Spiraling Into The Body Now





# Conscious Body Coaching

## Awakening, Being Present, Discovering

*Affirmation:*

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

Coming into relationship with our body in the beginning of the journey home to our authentic selves. It is the bridge to remembering all that we have always known.

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

## Embracing, Exploring, Uncovering

*Affirmation:*

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

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

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

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



## Loving, Empowering, Reclaiming

*Affirmation:*

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

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

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

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

## Acting, Allowing, Releasing

*Affirmation:*

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

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

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

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

## Appreciations

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

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

### **For Self:**

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

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

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

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

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

### **For Others:**

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

What is particularly wonderful, amazing, or awesome about this person? What is unique about this person's contribution to the world?

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

What strengths do I notice about this person?

How does this person help me or others?

What is unusual or interesting about how this person uses their creativity?

How has this person said yes to me?

What makes me happy when I am around this person?

How does this person give me attention?

What are ways this person always shows up?

What agreements do this person always keeps?

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

What have I learned from this person?

How has this person supported you in your journey??

How does this person manage change or challenges?

How does this person relate to spirit?

**Some Appreciation Sentence Stems:**

I love the way I/ you ...

I love how I / you ...

I notice I/ you...

Thank you for ...

I am grateful that ...

I see my/ your ...

I appreciate that you have ...

I appreciate your

I am amazed at ...

I consistently see ...

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



## Wonder Questions

A sense of wonder is truly magic, connecting us into childlike enchantment and anticipation. New beautiful perceptions and fresh opportunities will spontaneously emerge. New dendrites and synapses will form in your brain.

Here are some ideas to get you started.

I wonder what my body is telling me?

I wonder what needs loving in me?

I wonder what I want right now?

I wonder what my heart is telling me right now?

I wonder what I am feeling right now?

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

wonder what I want to turn towards?

I wonder what is motivating me right now?

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

I wonder if this is something I have done before?

I wonder if this is something I have felt before?

I wonder what would feel good to me right now?

I wonder what I am making up right now?

I wonder who I am loving right now?

I wonder who is loving me right now?

Add your Own!

## Conscious Listening

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

#### Ask Questions:

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

*Tell me more about that.*

*What are you experiencing in your body?*

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

*What interests you most about that?*

#### Listening for Accuracy:

Listen for the meaning in what the speaker is saying.  
Repeat or reflect back what you hear.

#### Listening for Empathy:

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

#### Listening for Mutual Creativity:

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

## Conscious Listening

### Examples of Listening Filters to Notice

*Listening to Fix*

Problem solving the content

*Listening to Find Fault*

You haven't really...

*Listening to Rebut*

I don't really believe....

*Listening to Minimize*

You don't seem....

*Listening to Compare*

What about me?

*Listening to Avoid Conflict*

*Listening to Be Right*

*Listening to Hear Whether I Am Liked*

*Listening to Defend*

*Listening for:*

Criticism

Rejection

Abandonment

Approval

## Witnessing

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

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

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

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

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

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

**Noticing patterns of attention:**

Which of my senses do I favor?

Do I focus more on sight, hearing or touch?

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

Am I influenced more by movement, sound or color?

What kinds of things do I get bored with?

When my attention wanders, where does it go?

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

What will call my attention back?

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

What sensations am I feeling in my body?

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

What happens if I witness as a "well wisher?"

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

What parts of the body am I more aware of or less aware of?

(including mine and/or the person I am witnessing)

What happens if I witness from an individual body part?

What happens if I witness with a full bodied "Yes?"

What do I find myself thinking about over and over?

When things get upsetting where does my attention go?

When things get pleasurable where does my attention go?

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

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

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

Notice your own pace and pattern of shifting attention.

What is the rhythm of your oscillation?

Play with shifting your attention quickly and slowly.

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



# Conscious Body Coaching

Module 1 - January 2022

## Journal Questions

- What is one small action step I could take in my life to show up more authentically?
- What am I doing or what do I want to be doing that will create a new habit that contributes to the evolutionary good of all?
- What story is running the underbelly of my life that needs loving and moving?  
Examples: I am helpless. I am unloved. I am not enough. I am unsafe.

## Awakening Exercises

- Notice how you are feeling right now - joyful, sad, mad, scared - and let that energy just flow freely through your body. Try asking “How am I experiencing this in my body right now?”
- Try scanning your body for sensations, or vibrations. Notice how and where you are breathing in this moment.
- Try turning your curiosity on and feel your flexibility kick in?
- Ask your body/your heart what it wants you to know.
- Notice how you feel as you get more and more present in your authentic body and appreciate yourself for stepping into discovery.

## Awakening Questions

- What do you truly yearn for?
- What do you want right now?
- What do you notice is happening in your body - any tight places or sensations?
- What are you wishing for in your life?
- What old stories or assumptions are coming up for you?



## Conscious Body Coaching

Module 1 - January 2022

### Vision Card for Awakening

#### Simple Materials Needed:

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

Close your eyes and take a deep breath. Ask your heart what it wants right now. What is your heart calling for - a longing, a reaching, some part of yourself wanting some love and attention?

Now write a sentence to remind you of this awakening on your card and let the materials you have gathered find their way to your card to honor this knowing.

## Persona Interview

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

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

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

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

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

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

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

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

# THE QUANTUM SHIFT PROCESS

## F.A.C.T.

*Face... Accept... Choose... Take Action*

### Facing



**Action:**

Notice where the issue seems located in the space around you. Alternate between facing and avoiding the issue for a minute. Then turn and face the issue directly while moving in the YES breath

**Fundamental Question:**

What about this issue haven't you faced directly?  
Go ahead and face the issue while breathing.

### Accepting



**Action:**

Move with the opening-closing part of the YES breath as you wonder about this question... float in the question after your breath feels easeful

**Fundamental Question:**

What is the hardest thing for you to accept about this issue?  
Go ahead and accept with breathing



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## **Choosing**

**Action:** Start doing Creative Joint Play while wondering about this question... float the question once you feel an increase in flow and vibrance

**Fundamental Question:** What do you really want?



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## **Taking Action**

**Action:** Walk and move around the room, in your essence pace, as you wonder what you really want

**Fundamental Question:** What is the easiest, measurable, and pleasurable action step you can take to begin creating what you really want?...

**Write it down --- What and by When?**

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## Attitude Breathing™ Technique

Feelings, emotions and attitudes are malleable and can be changed. The Attitude Breathing Technique helps to instate replacement attitudes and feelings that are more effective and save energy.

**Step 1.** Recognize the feeling or attitude you want to change and identify a replacement attitude.

**Step 2.** Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

**Step 3.** As you continue heart-focused breathing, practice breathing in and increasing the feeling of your new replacement attitude.

*Suggestion: If you can't find a replacement attitude, just breathe a feeling of calm or neutral through your heart area. This often helps draw to us the quality feelings that lift our attitudes and perceptions.*

**Step 4.** Practice maintaining your new attitudes and perceptions as you move through your day-to-day interactions.

*Suggestion: Use Attitude Breathing on-the-go and to reset your replacement attitude if it starts to fade. You can also use Attitude Breathing when you're feeling good to instate a heart quality you would like to experience more often, such as gratitude or appreciation.*

Once you are familiar with practicing the steps above, try the Quick Steps.

### Quick Steps

1. Recognize
2. Heart-Focused Breathing
3. Breathe in the new attitude
4. Maintain the new attitude

*Attitude is the difference between an ordeal and an adventure. – Unknown*



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## Finding Pathways to Exit the Triangle

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

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

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

## Wonder Questions to help move from Villain to Challenger

Hmmmmmmmmmm.....

I wonder what agreement has been broken?

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

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

I wonder if I could let go of being right?

I wonder who I am really angry with?

I wonder how old this part of me is?

I wonder what truth I have been afraid to face?

I wonder what truth I have been afraid to speak?

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

I wonder what this is costing me?

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

I wonder what needs loving in me right now?

## Wonder Questions to help move from Hero to Coach

Hmmmmmmmmmm.....

I wonder if I have asked them what they want?

I wonder if I could see them as able to take responsibility for their life?

I wonder how this is familiar to me?

I wonder who I am really rescuing?

I wonder what I am afraid will happen?

I wonder if I could let them make their own choices?

I wonder what we could both learn from this situation?

I wonder what information I am missing?

I wonder if my perceptions are nor true for this person?

I wonder what this is costing me?

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

I wonder what needs loving in me right now?

## Wonder Questions to help move from Victim to Creator

Hmmmmmmmmmm.....

I wonder what truth I am distracting myself from?

I wonder how I keep this story going?

I wonder what I am not saying in this situation?

I wonder what I am most afraid of?

I wonder what I really want?

I wonder if I could ask for what I want?

I wonder what I can appreciate about this situation?

I wonder what I can learn from this situation?

I wonder what resources I could call on to ask for help?

I wonder if I can show up as my empowered self?

I wonder what this is costing me?

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

I wonder what needs loving in me right now?



## Conscious Body Coaching

Module 2 - February 2022

### Embracing Exercises to play with this week:

- How is my body responding to this experience in this moment?
- Am I getting tight anywhere or releasing anywhere or staying neutral?
- Notice where in your body you are accepting this moment or where you are resisting or turning away from this moment. Just notice and explore. Follow the response your body is having and see where it takes you.
- Try moving around in the space and letting your awareness and your embracing dance.
- Notice how it feels to sustain good attention to the body and then appreciate yourself for being willing to explore.

### Journaling questions for Embracing:

- What feelings are you curious about right now?
- What makes you feel energized, empowered, and alive?
- What are some of the experiences in my life that have shaped me and are still influencing my choices?

### Wonder questions to journal for embracing:

- I wonder what it feels like to feel a full body “Yes?.”
- I wonder how my perspective influences how others show up?
- I wonder what stories I tell about myself?

**Vision Card for Embracing:**

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

Picture a scene with you at the center loving yourself and feeling your heart open to the love around you. See this just the way you want it to be and imagine you are manifesting it right now exactly as you wish. Where are you, who is with you, what are you doing? See it playing out like a movie right before your eyes. Let this be easy and fun.

Now write a message to yourself on your card and ground that message into your body by decorating your loving message with your materials - maybe something that represents this scene so you can remember it and start to make it so.

## Creating Positive Affirmations with Sentence Stems

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

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

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

I want to have an impact on...

I believe really strongly in...

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

My unique contribution right now is...

I support my personal evolution by...

My new story will include...

I feel myself opening to...

My heart is telling me to...

My gut says...

I am ready to let go of...

I know I am truly present when...

I create inner safety by...

My resources that are always there for me are...

I feel confident and strong when...

I feel joyful when

I feel content and peaceful when

More than anything I love to...

What I love most about myself is...

## A Sample Song of Praise

My name is Alana. I am the daughter of Helen Leora, the grand daughter of Ruby Kincaid, and the great grand daughter of Lena Browning. I am the Mother of Matthew, Andrea, Cassandra, Norah, Lucas, Aaron, and Morgan. I am the grandmother of Tobias, Jayda, Lila, Elias, Benjamin, Margaret, Caitlin, and Sage.

I sing my love and gratitude to the earth: to the waters, to the trees, to the birds and the winds, to the warmth of the sun and the wisdom of the moon.

I sound my deep spirit story and send blessings to my children and their children as they stand in their truth and reach for new ways to live and love together.

I thank my body for giving me health and serving me in my work, bringing me lots of good energy, and strength.

I praise my essence, which guides me in tenderness to manifest my authentic self and live my own soul's journey.

I praise my beating heart and send love to all the children of the earth.

I praise my unique contribution, which I will happily bring to everyone who wants to dance and laugh and play and live in joy with me.

I call in my ancestors today, and ask, with gratitude, for guidance in stepping more fully and courageously into myself, and showing up 100% in every moment.

## A Song of Praise

### For this Morning

My name is \_\_\_\_\_. I am the daughter of \_\_\_\_\_ and  
the grand daughter of \_\_\_\_\_ and the great grand daughter  
of \_\_\_\_\_.

I sing my love and gratitude to the earth: to the waters,  
to the.....

I sound my deep spirit story and send blessings to .....

I thank my body for giving me .....

I praise my essence, (describe here) .....

I praise my unique contribution, (describe here) .....

I praise my beating heart and send love to .....

I call in my (*Parent, Grandparent, Ancestor, Teacher or....*) today, and  
ask, with gratitude, for guidance around .....

## A Song of Praise

### For this Morning

My name is \_\_\_\_\_. I am the son of \_\_\_\_\_ and the  
grand son of \_\_\_\_\_ and the great grand son of  
\_\_\_\_\_.

I sing my love and gratitude to the earth: to the waters,  
to the .....

I sound my deep spirit story and send blessings to .....

I thank my body for giving me .....

I praise my essence, (describe here) .....

I praise my unique contribution, (describe here) .....

I praise my beating heart and send love to .....

I call in my *(Parent, Grandparent, Ancestor, Teacher)* today,  
and ask, with gratitude, for guidance around .....

## A Song of Praise

### For this Morning

My name is \_\_\_\_\_ . I am the child of  
\_\_\_\_\_ and the grand child of \_\_\_\_\_  
and the great grand child of \_\_\_\_\_ .

I sing my love and gratitude to the earth: to the waters,  
to the . . . . .

I sound my deep spirit story and send blessings to . . . . .

I thank my body for giving me . . . . .

I praise my essence, (describe here) . . . . .

I praise my unique contribution, (describe here) . . . . .

I praise my beating heart and send love to . . . . .

I call in my (*Parent, Grandparent, Ancestor, Teacher or...*) today, and  
ask, with gratitude, for guidance around . . . . .

## Essence Interview

What do you value the most about yourself?

What is the most important thing to you?

What inspires you?

What makes you feel energized - alive?

What brings you joy?

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

What makes you feel valued?

What makes you feel safe?

What are you wishing for or yearning for in your life?

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



## Conscious Body Coaching

Module 3 - March 2022

### Loving Exercises to play with this week:

*How is my body experiencing loving and accepting myself right now?*

*Notice how your fluids are moving. Are there any places where you can make more space for them to flow through?*

*Notice if new ways of moving and playing and seeing are showing up in your body.*

*Tune in to the joy in your soul right now and appreciate yourself for opening up to the never-ending stream of well-being that is always flowing into our bodies.*

### Journaling questions for Loving:

What makes your heart sing?

What makes you smile when you are doing it?

What do your dreams tell you that you love?

What nourishes you the most?

What needs loving in you so it can show up in your story?



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## Vision Card for Loving

A piece of 8 1/2 x 11 card stock cut in half any color that makes you happy.

A glue stick or Aileen's glue.

Anything that you have in your house that you could glue on to decorate you card - colored paper scraps, fabric scraps, tissue paper, wrapping paper, buttons, sequins, beads, wire, objects from outside - pine needles, grasses, shells, etc.

A writing tool.

Draw your path of self-love any way you wish. It might not look like a path. For example, it could be all those molecules moving around. Then add in fun symbols or colors or collage objects that symbolically represent all the ways you can say "yes" to yourself and your authentic story. Choose materials that make your heart sing.

## Journey to Joy

What do you like to do in the morning?

What makes you smile when you are doing it?

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

What makes you feel energized and alive?

What flows effortlessly for you?

What do your dreams tell you that you love?

What do you imagine a lot?

What do you often wish for in your life?

What do you like to do in the evening?

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

## **Letting Go of the Mother's Breath Becoming Breathtaking!**

**What do you remember seeing on your mother's dresser when you were a child?**

**What do you remember seeing in your mother's purse when you were a child?**

**What do you remember about your mother's hair when you were a child?**

**What do you remember your mother saying about herself?**

**What do you remember hearing your mother say to others in the family?**

**What do you remember hearing your mother say about others?**

**What do you remember your mother saying to you that felt good?**

**My mother loved my...**

**My mother always...**

**I could trust my mother to...**

**What are some of the things you would like to appreciate your mother for and thank her for giving you?**

**In gratitude and love I thank you, Mom, for...**

**What do wish your mom would have done or been like?**

**I wish my mom had...**

**My mother would never....**

**My mother hated to....**

**My mother was afraid ....**

**What are the things you would like to give back to your mother?**

**In gratitude and respect, Mom, I give you back...**



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## **Four Steps to a Positive Brain Using the Mandala**

### **1. Awareness**

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

### **2. Embracing**

Deepen into that experience for 15 – 20 seconds –

Notice how it feels in your body.

Where do you feel it in body?

Visualize this feeling expanding through your whole body – into your fluids and your bones.

### **3. Loving**

Love this awareness and expand and embellish it as it sinks even more deeply into your whole body, letting it fully land.

Feel it soothing your whole body – moving around and calming and loving you, as you love you

### **4. Acting**

Notice how good you are feeling

Move into the open space created by this visualization and see what seeds you might plant

This experience is now a resource for you to drop down into a negative pattern that wants your attention – just allowing the strong positive to sift down into the negative story, loosening it up.



Turning the Wheel

*Turning the World Toward New Possibilities*

## **Brain Research – Negativity Bias and Happiness**

Over hundreds of millions of years the brain developed survival sensitivities – called the negativity bias.

So the brain always on the lookout for potential dangers or losses.

The brain is always scanning for potential dangers disappointments and interpersonal issues.

We experience a subtle unease in back of mind - which triggers really quickly a negative stimuli , which is perceived much more readily and easily than positive stimuli (one piece of negative in a ton of positive – focus on negative).

The negative is stronger than the good. We need 5 positives to balance every negative so the solution is to add in a lot more positive

**Good memory has to be held for a few seconds in order to register**

Need to take the extra seconds to install the good memories in the brain

The negativity bias is not our fault but can do something about it by focusing on promoting the good and taking in the good.

Sustained released of dopamine makes brain stickier for the positive.

Twenty minutes of moving elevates the Nitric Oxide levels in the body for 24 hours. Nitric Oxide is the uber-transmitter in the body, releasing Beta-endorphins, Prolactin, Oxytocin, Serotonin, and Dopamine; all feel good allies in the body.



## Turning the Wheel

*Turning the World Toward New Possibilities*

At the age of 6 months, we have an average of 3000 recordable movements. By the time we enter preschool we are down to 300. Retrieving and embracing those lost movements magically opens and expands our creative thinking and our ability to generate choices and options at any age.



## Turning the Wheel

*Turning the World Toward New Possibilities*

### **Acting Exercises to play with this month:**

*How does my body feel and move and breathe in response to my readiness to manifest?*

*Play with breathing and releasing into the experience your body is having right now and accepting that experience as the starting point.*

*Notice how long you can sustain unconditional loving attention to yourself.*

*Try moving in ways that please you and nourish you, creating a body experience of moving in alignment with your essence.*

*Experiment with some new fun ways of moving and playing in your body, planting new seeds of possibility.*

*Try a little dance of joy, feel the love surge in, and appreciate yourself for showing up in your own life and committing to manifesting your own true story. The great and beautiful sea of all*

### **Journaling Questions for Acting:**

Pick three areas where you feel ready to make a commitment and write an action step for each one.

Write an appreciation about something you feel good about yourself - right in this moment. What bubbles up?

What grounds and nourishes your inner landscape?

What are three small steps you could take right now to bring more joy into your life?

Create a love mantra to start each day.



Turning the Wheel

*Turning the World Toward New Possibilities*

## **Vision Card for Acting**

Think of somebody or something you love or feel good about. Feel into all the reasons why you love this person or place or thing – all the things that flow out easily that you appreciate. Enjoy this feeling and let it drop all the way down into your heart. Turn your energy back to yourself and let this loving vibration flow into your body.

Create a sacred card to represent the love you have for yourself and for others and all the ways that creates a new story for you as you step into your optimal self.

### **Simple Materials Needed :**

A piece of 8 1/2 x 11 card stock cut in half any color that makes you happy.

A glue stick or Aileen's glue.

Anything that you have in your house that you could glue on to decorate you card – colored paper scraps, fabric scraps, tissue paper, wrapping paper, buttons, sequins, beads, wire, objects from outside – pine needles, grasses, shells, etc.

A writing tool.

### Create my Happiness Tapping Script

Let's begin now by taking a deep breath.

Set up: Side of the hand:

Even though I am blocking some happiness, I open my heart to happiness now.

Even though parts of me are a bit down, I am open to feeling more content and cheerful.

Even though I'm resisting, I open myself to feeling lighter now.

Everything is recorded in my subconscious mind

I can access what I need, when I need it.

I trust my intuition.

I trust life.

I am exactly where I am meant to be.

And I have everything I need

Inside of me now.

I know more than I realize.

These old fears no longer control me

I now see the hidden blessing of these fears

My fears forced me to look within

So that I could see my inner strength

Thank you, fears, for leading me to my power

And I'll take it from here

I am aware of any self-doubt or fears

But they no longer have power over me.

I now know my body is worthy of love, just the way it is.

I am worthy of love, just the way I am

I accept myself

And I have the courage to make decisions

Decisions that support me

I am not my past

I am not a victim of what has already happened

I am what I choose to believe

So I choose love

I choose acceptance

I choose strength

I choose courage

I choose faith

I choose compassion

I choose passion

With every new choice I support myself

And as I make these better choices  
As I take better care of myself  
I begin to help those around me  
As I shine my light  
I inspire others to do the same  
I have a greater impact than I realized  
As I change from within  
I change the world around me

I know what's right for me  
I acknowledge what I truly desire  
That desire pulls me forward with joy and excitement  
I let go of my need to control  
I am flexible and resourceful  
I face any new obstacle with a sense of adventure  
I have everything inside of me now  
I integrate all of these lessons

I learn from all my past experiences  
And I let go of the emotions that no longer serve me  
Today is a new day  
I integrate everything I've learned  
And I trust in my intuition  
The road is not clear  
But the uncertainty excites me  
I am ready for an adventure

I am further along that I realize  
All that limits me is my imagination  
And I allow my imagination to run free  
I am ready  
I am worthy  
I honor everything I've been through  
And I'm excited for the journey ahead  
This is my time - And everything I need to know is inside of me now

Take a deep breath in, and as you exhale, place your hands over your heart, feel that strength, feel that love, feel that passion. Ask your heart - What is one thing that you can do now to create some contentment or peace in your life?

*Thanks to Nick Ortner (TappingSolution.com)*

### Critical Voice Tapping Script

Begin by taking three deep breaths. In through your nose and out through your mouth.

Set up: Let's begin by tapping on the side of the hand. Tap and repeat after me.

Even though I can be so hard on myself, I love and accept myself.

Even though I seem to never think I'm enough, I love and accept myself.

Even though my inner critique can be very noisy, I love and accept myself just as I am.

EB: I can be so hard on myself.

SE: This critical voice

UE: It's hard to quiet it.

UN: I notice everything that could go wrong.

UM: I point out what I'm not doing right.

CB: This critical voice

UA: It keeps me stuck.

TH: It's hard to take a step forward when I'm listening to this critical voice.

This critical voice

It tells me I have to be perfect.

It tells me I'm not good enough.

It tells me to expect a failure.

This pessimistic voice in my head

I've felt like I needed it.

It's kept me safe.

It's guarded me from disappointments.

This critical voice is dependable.

It's been around for so long.

I'm so used to it.

But what is it really costing me?

It holds me back,

Deprives me of happiness.

This critical voice

Is more dangerous than I thought.

But I need my critical voice.

It's just being practical and realistic.

Is that really true?

Maybe my critical voice isn't real.

Maybe it belongs to somebody else

I didn't have this critical voice as a young child.

I picked it up somewhere.

I am not my critical voice.

I've kept it around for a while.  
When I've been scared, I've turned up the volume.  
But I now know isn't real  
It's just a conditioned response.  
And it's holding me back.  
Keeping me from finding happiness.  
Keeping me from manifesting my genius.  
So, critical voice, it's now safe to turn down your volume.

You never really had power.  
I was the one giving you power  
And I take my power back.  
I listen to my voice  
So I can release this critical voice.  
I now follow my intuition.  
If something doesn't feel right, I change courses.  
I am in tune with what's best for me.

I'm doing better than I give myself credit for.  
I can notice everything I'm doing right.  
And I have gentle awareness towards what I want to change.  
There is no room for my critical voice.  
I'm too busy making my dreams come true.  
I am in tune with my intuition.  
I know what's best for me.  
I now trust my own voice.

I can be easy on myself.  
I am doing so much good  
And it's only just the beginning.  
Now I have the power.  
I know what to do.  
I no longer need to be critical.  
Even if I make a mistake, I have my own back.  
I am my own friend.

And I give myself encouraging advice.  
There is no room for criticism in my life.  
Because now I listen to my heart.  
Now I trust my intuition.  
I treat myself with the respect that I deserve.  
Today is a new beginning.  
There are so many exciting things ahead of me.  
I allow faith in myself to propel me forward.

To close: Hands on Heart - heart breathing and ask for guidance.

*Thanks to Nick Ortner (TappingSolution.com)*

### Desires and Wishes Tapping Script

Begin by taking three deep breaths. In through your nose and out through your mouth.

Begin by tapping on the side of the hand. Tap and repeat after me.

Set up:

Even though it doesn't feel safe to have "these wishes," I accept myself and how I feel.  
Even though it doesn't feel safe to have what I want, I accept myself and how I feel.  
Even though it doesn't feel good to reach for my dreams, because I might fail or be criticized, I love and accept myself and how I feel.

Eyebrow: All this fear. It doesn't feel safe.

Side of the eye: What will others say?

Under the eye: I'm not comfortable wanting things for myself

Under the nose: Because I'm scared what other people will think.

Under the mouth: What if they think I'm selfish

Collar bone: And comment about it to others.

Under the arm: It feels safer to not have goals.

Top of the head: And to not have expectations.

I might be criticized if I don't reach my goal.

I might be criticized if I do reach this goal.

This fear keeps me stuck in place.

All this fear around what other people may think.

I don't try because I'm scared.

I don't dream because it doesn't feel safe.

All this pressure around what other people will think.

And fear about what I will think about myself

If I play small and people don't notice me

Then I won't be criticized.

I won't disappointment myself.

But I wasn't born to play small.

I can't control what others say.

I can't control what others think.

But I can control how I respond.

Maybe this is easier than I thought.

I know I deserve more.

I deserve to dream.

I deserve to set goals.

I choose more for my life.

I can't control what others think.

But I choose how I feel.

Maybe I can notice all the support I do have

And smile at the thought of the naysayers.

Knowing they are talking about their own fear.  
This could be a lot of fun.  
I can allow my heart's desires to pull me forward.  
I no longer need to resist my goals.  
It's safe for me to be clear.  
And it's okay if other people don't agree  
Because I follow my truth.  
I know what I want.

And I'm ready to turn towards my desires.  
And focus on them.  
And to have patience with myself.  
It's safe for me to try something new.  
I let go of trying to guess what other people may think or say.  
And I listen to my inner voice.  
It's safe to act on what I want.  
Now I am ready.

Take a deep breath in. Exhale and take this moment to let your  
feelings about what you want to float up to your awareness.  
Maybe there's a new distinction. Maybe you have a new idea.

To close: Hands on Heart - heart breathing and ask for guidance.

*Thanks to Nick Ortner (TappingSolution.com)*

## Mapping Tool

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

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

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

### 4. The Uncharted Territory

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

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

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

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

## Mapping Tool cont.

### Different pieces to look at for mapping:

Life changing experiences – turning points

Stories that I need to tell

Great moments

Funny moments

Accomplishments

People I love

People who have loved me

Difficult times

Secrets

Fears

Things not understood

Life dreams and wishes

### Variations of focus or structure for a map

Head Map

Heart Map

Hand Map

Whole Body Map

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

Soul Map

Spiral Map

Abstract Map

In the Moment

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

I am, I was, I will be

In the beginning, In the middle, In the end



## Conscious Body Coaching

Module 5 - May 2022

### **Reclaiming Exercises to play with this month:**

Take a walk on the earth and pause when the spirit tells you to and see what message the earth has for you.

Put on beautiful inspiring music and ride the rhythms and waves or the music dropping easefully into your joyful body.

Put your hand on your heart and do the heart breathing. Then begin to move from that place of embodied loving energy and see what shows up.

Play with touching all parts of your body until one asks you to pause and see what message it has for you.

### **Journaling Questions for Reclaiming:**

I wonder what the universe is longing for me to reclaim?

I truly embrace my genius - my astounding self...

I feel my growth and evolution in so many places....

I wonder what my little girl wants to tell me about an essence quality in me that wants attention?



## Conscious Body Coaching

Module 5 - May 2022

### **Vision Card for Reclaiming our Path:**

You may wish to complete your map to catch it up to the present or to add in more using the mapping tool in the notebook.

Or:

Pick one of the parts of yourself from past on your map that you would like to carry forward. Just let yourself drop into the journey and see which part wants some extra attention. Then create a card that becomes a covenant with yourself, a sacred promise to reclaim and honor that beautiful part of your essence that wants to be included in the journey ahead.

### Simple Materials Needed :

A piece of 8 1/2 x 11 card stock cut in half any color that makes you happy.

A glue stick or Aileen's glue.

Anything that you have in your house that you could glue on to decorate you card – colored paper scraps, fabric scraps, tissue paper, wrapping paper, buttons, sequins, beads, wire, objects from outside – pine needles, grasses, shells, etc.

A writing tool.

## Listening to the Archetypes Within

### Warrior

Standup and shake your body all over, then begin to imagine and embody the warrior part of you. How do you move when you feel your power?

Move it. Speak it. Sound it. Feel the strength, the focus.

“Nothing will stop me I can do this. I have the power. I have the strength.”

Touch the part of your body where the warrior lives. And make that sound.

Then pause, still touching your warrior, and feel your feet on ground as you ask a wonder question.

Hmmmmmmmm...I wonder what the warrior has to say to me.

“All you need to do or feel or remember is.....”

### Magician

Stand up and feel the magic in your body as you move all your joints and release your body into a lightness of spirit - all effortless and easy, breathing and moving freely as you imagine and embody the magician part of you.

Feel the magic, the confidence, knowing all will be as you want it to be.

Move it. Speak it. Sound it. “I can make anything happen that I can imagine. I got this. I am quick and smart. I know exactly what to do. “

Touch the part of your body where the magician lives. And make that sound.

Then pause, still touching your magician, and feel your feet on ground as you ask a wonder question.

Hmmmmmmmm...I wonder what the magician has to say to me.

“All you need to do or feel or remember is.....”

## Listening to the Archetypes Within

### Lover

Standup and put one had on your heart and one hand on your belly and move gently and lusciously from the inside of your body, feeling the connection flowing between your hands. Notice your blood and all the fluids in your body, flowing lovingly all through your body and begin to imagine and embody your inner lover.

Move it. Speak it. Sound it.

Feel how amazing you are. How deeply you are loved by the universe, and all is well.

Touch the part of your body where the lover lives.  
And make that sound.

Then pause, still touching your lover, and feel your feet on ground as you ask a wonder question.

Hmmmmmmmm...I wonder what the lover has to say to me.

“All you need to do or feel or remember is.....”

### Queen or King

Stand up and walk through your space as a queen or king, empowered, regal, wise – seeing the big picture, knowing the truth, been here a long time.

Move it. Speak it. Sound it.

What is your pace, your posture, your sound as you enter this archetype, empowered and fully present?

Touch the part of your body where the queen or king lives.  
And make that sound.

Then pause and feel your feet on ground as you ask a wonder question.

Hmmmmmmmm...I wonder what the queen has to say to me.

“All you need to do or feel or remember is.....”

The **next step** with this work is to have the different archetypes speak to each other to see how they interact and how they might collaborate. Taking the time for this dialogue can be really rewarding. Warrior and Queen. Magician and Queen etc.



Turning the Wheel

*Turning the World Toward New Possibilities*

## Conscious Body Coaching

Module 6 - June 2022

### **Partnering with the Universe Exercises to play with this month:**

Notice the ways the universe has been taking care of things for you in the last few days. Sing and dance a little celebration moment for that blessing.

For two weeks take ten minutes each morning to dance, move, sound, and/or speak your gratitude for all the blessings of your life. Notice how that has impacted your days.

Ask the universe to guide and support you in finding new ways to love and care for yourself.

### **Journaling Questions for Reclaiming:**

I wonder what the universe is longing for me to manifest...

I open my energy to genuine wonder and listen as the universe answers.  
I wonder...

I would like to ask the universe to partner with me in creating....



Turning the Wheel

*Turning the World Toward New Possibilities*

### **Vision Card for Partnering with the Universe:**

Choose the archetype that is calling to you from this week's class and let the art materials you have gathered create a representation of that energy to reminding you to listen to that voice. Let this be simple or wild, real or abstract - whatever is emerging right now for you.

#### **Simple Materials Needed:**

A piece of 8 1/2 x 11 card stock cut in half any color that makes you happy.

A glue stick or Aileen's glue.

Anything that you have in your house that you could glue on to decorate you card - colored paper scraps, fabric scraps, tissue paper, wrapping paper, buttons, sequins, beads, wire, objects from outside - pine needles, grasses, shells, etc.

A writing tool.

## Looping Connection, Self-love, and Vulnerability

**Connecting** is why we are here. We are hard wired to connect, to belong.

And **self-love** is the pathway to connection -- whole hearted people living outside of ego and old story in a place of honoring and appreciating self.

Courage to be **vulnerable** --.  
authentic, compassionate, investing with no guarantee.  
Vulnerability is the birthplace of connection, joy, creativity, love, and belonging.

### Arc of Class

#### Prepare myself:

Review notes and hold person in my heart.

Get present in my body and mind and heart.

Moving and breathing into my center.

Tan Chien

Dropping in to receiving love and asking universe to guide me and support me in letting go of knowing.

### Check in - both of you

#### Listening to understand - compassion

Whatever person wants to share

#### Asking questions where your body cues you to open the story up more –

Like:

tell me more

how is this familiar to you

what else about this is important to you

how are you feeling about this

what seems to be bubbling beneath that for you

tell me about those tears

**Appreciating the sharing** and their vulnerability and noticing something healthy or going well in what they just shared to appreciate before making any interventions or suggestions.

### **Asking myself questions**

Am I off the triangle and listening to my body?

Where are they on the healing cycle or on the triangle or off the triangle

How might they move this in their bodies in a way that would free them?

### **Support**

**"I have an idea** of something I think you would like to release this and expand into a more peaceful place. So let's do some moving together or or some tapping or some breathing"

Or - I have a process or a beautify tool that I use a lot that I would love to teach you now.

Does that feel all right?

Or – One thing I do that helps when I am feeling like that is... (maybe tell a personal story here). Let's try that together.

Gently - **Watching their body language** take them in to a place that is unknown for them uncomfortable but safe – modifying as you go.

**Close** by reviewing any assignments or practices for the time between sessions and noticing how well things are going wherever you can. Encourage them to text you with their successes throughout the week.

Thank yourself and the universe as you transition out of session.

## Two Minute Mediations

### Why Meditate:

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

### Craig Hamilton's Concentration Exercise

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

## **Possible Meditation Narratives**

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

To Begin each time:

Taka 3 deep breaths - (in for 5 and out for 5).

Letting go of any tension in the body, in the mind, in the heart.

Letting it all go out with the breath and with gentle movement.

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

## **You are Sacred Perfection.**

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

Your true nature is sacred perfection.

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

You are a blessing to the cosmos.

## **Nothing Missing from this Moment**

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

Let everything be just as it is.

Nothing lacking.

You are already whole and complete, missing nothing. Every moment exactly as it arises is overflowing with fullness, wholeness, and a perfected essence.

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

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

### **Allowing the Flow**

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

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

Let your mind flow gently with those fluids.

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

Just let everything be the way it is right now.

Reality is just a flow of events.

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

Know it is the only thing that should be happening.

Nothing is missing.

Just be fully here right now.

### **Allowing Life to Happen**

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

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

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

Let your experience just happen.

Let each moment change into the next moment.

Let your experience change from one moment to the next.

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

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

What is - in this moment is enough.

### Simply doing Nothing

As you are gently breathing in and out, allow yourself to drop into a place of simply doing nothing. Resting deeply into the cells of your body. For a little while don't do anything at all. You don't have to try to figure anything out, solve any problems, change how you feel, or change your state of consciousness. Just be, just be as you are, doing nothing at all. Resting easily, allowing your body to restore.

### Nothing to Know

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

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

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

You're just meditating for a few moments.

You're just being here.

There's no need to know anything.

No need to know.

Nobody else needs you to know anything.

You don't need to know anything.

You can just be here, free.

Letting go of knowing in any way.

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