

Speaker 2:

All right. Well, I'm really happy to be here with you tonight. It's been a very confusing and somewhat stressful couple of weeks in various ways, and I was really looking forward to this time together, where we can all just land and grow and learn and share and be together. So thank you. Thank you for being here. I know everybody has complicated lives, so I appreciate the time. For a little check in, on your own, just close your eyes for a minute and ask your body, what does it need to get present? Does it want to move, to breathe, to meditate, to shake, to walk, and just take a moment and do whatever your body tells you to do. Let your body push you around for a minute, and just find a way to arrive and get present. It'll look very different for each of you perhaps, so that's fine. Cause you're asking your body, Hey body, what do you want?

All right. Everybody feel like they're here at least at the moment?

Speaker 2:

Thank you. We're going to check in with your praise poem, so find your praise poem and have it in your hand or on your computer or on your phone or wherever your praise poem is. And then you're going to choose a phrase from that praise poem that you really love, that has a big yes for you or it feels particularly new and inspiring, or it feels grounding and loving. Just let your body choose one of the phrases, and just take a moment before we go into twos and see if you can find where that lives in your body, just locate it. That phrase, that beautiful thing you wrote for yourself and it doesn't have to be something that you know for sure. Just "I think it's here, well, maybe it's here, well, maybe it's both places or, well, I'll try it here."

Speaker 2:

And if that isn't it, I'll move it around. So it's not like there is an answer that you are seeking that's difficult to find. It's just, Hmm. I think I'll just see, I'll just move around and find it in my body, and if that doesn't quite resonate, I'll move it someplace else. Be gentle with yourself and with your clients around this, because, as you can imagine, this is kind of a hard one. So you're going to go to your partner and you're going to express with your body, that phrase, you're going to embody it as deeply as you can, sound it, move it. If I was doing mine, and it was with Abby. I would be telling her in movement all about what's going on with me in it and the ways in which it's changing my life and the kinds of things that are happening or whatever, I'm going to embody it.

Speaker 2:

I don't want to think it. I want to move it and sound it. Any kind of sounds you want to make, any or none, and you're going to let that body part sound and move and express that phrase as deeply as you can, feeling it as a sensation in your body. You can move for a couple of minutes, which is actually a long time. So you can move for quite a while and then land your movement and just speak your phrase to your partner or read it off your paper if you want it exactly the way you wrote it so that you can let them hear the words that went with your movement. And then your partner, is just going to respond with a gesture or two, not a two or three minute response, but I might just go like this, or I might go like this, or I might go like this, just whatever my body wants to do in response to your movement and your phrase, just a gesture or two to close that person's turn.

Speaker 2:

And then the other person will go. As you are witnessing your partner move their phrase, I want you to just pay a really beautiful, loving attention to your responses, your witness, how unconditional is your energy? How present do you feel? What is this bringing up for you? Whatever is going on. Just notice it and love whatever it is, whatever you find.

Speaker 2:

I had an experience recently where I said something that upset somebody, and I felt a lot of self-judgment around it. Oh, I shouldn't have said that, or I'm always talking too much, all those old phrases. And when I stopped and just loved that part of me, everything shifted in my body. Okay, my little girl is pretty sparky and she got sparked and spoke before I took a pause.

Speaker 2:

Once I loved her, I was able to heal and make amends in myself and with others, right? But it was loving the part of me that didn't do it just right that mattered. So we are not trying to do this just right. We're just trying to learn about ourselves. What triggers me? What keeps me present? What pulls me away? What brings me in, so that, as you're working with clients, you are conscious of those. Ooh, I'm going off over here somewhere. I don't think I'm going to be much help heading into the other room in my mind, right? And so I come back and get present. We're just always looking for learning what our body is telling us. We are just noticing what your body's up to as a witness, and then you get the turn to express your phrase and let somebody witness you. Okay?

Speaker 2:

The biggest, most important thing is always to see how much love we can loop to each other. And if that's not happening, then how much love can we loop to ourselves to heal whatever's been triggered that's preventing me looping love to Abby. Does that make sense? Does that feel okay to everybody? Okay, we're going to do 10 minutes, and that should give you time to move and say your thing and gesture in the other person. If you have time at the end, you can share other phrases from your praise poem or share about how the experience was during the praise poem for you or anything you like around that praise poem to deepen your experience of it. All right?

All right. I thank my body for giving me health and serving me in my work, bringing me lots of good energy and strength. Very similar, huh? I praise my beating heart and send love to all the children of the earth.

Speaker 2:

So did anybody learn anything about their witness or anybody feel the embodiment of their praise poem or anything you want to share before we go on?

Speaker 3:

I was impressed with the sound that came through as I was moving. That was...doesn't totally surprise me, but it was cool.

Speaker 4:

I noticed that my moving for my partner helped me with what I said earlier.

Speaker 2:

Wow. Very cool observation. Yeah, that's tuning in to that universality that is absolutely there. Everybody's praise poem is the same praise poem, and everybody's wants and desires are the same, even though they're all different. I just love the way that paradox sits in the shaman's pot, so thank you, Laurie. That's beautiful. Any other sharing anybody wants to do?

Evelyn:

Yeah. I just didn't feel complete or like I was here, and something happened during the sharing. I went first and Perry didn't have hardly at any time, but that's another story. I went first, but so the two, both of us, what he shared also, it just, I don't know. I just felt like I wasn't here until Perry and I did that together.

Speaker 2:

Oh, beautiful. Yeah.

Speaker 2:

Yes, sometimes we can get present inside our own bodies, but sometimes we get present by connecting. And that's what I hear you saying, that it was the connection.

Speaker 6:

Would you just take a couple of moments, if that's possible? I know this could be a long conversation, but I'm just curious if you could share a few ways that you've navigated working with a client who is not necessarily comfortable moving words or feelings and how you make that bridge for them?

Speaker 2:

Yes, that is a big conversation it's perfect, so I love that reminder. I think this is a really important question because I'm mixing up for you all things you could do with people who are more movement-oriented dancers, so you wouldn't necessarily do a big moving thing with this with somebody, but you know how we've broken these things down before.

Speaker 2:

If somebody is willing to write a praise poem, you've moved them along pretty far already, right? They're starting to be able to express their love for themselves, so they're in a different place than at the beginning of their time with you, possibly, right? But then, instead of saying, well, move that phrase, which I think is pretty challenging, none of you blinked at all, but that's a pretty challenging ask, right?

Speaker 2:

You might say, let's pick a word and we'll move it together. And you don't have to stand up, you can stay in your chair if you're on Zoom. I have a lot of people who like Zoom because I can't see their bodies fully, and they don't love their bodies. One young woman last night that I asked to stand up with me said, "I don't really want to, I think you're going to not like the way I look. I'm really a little shy about standing up." It was great because I had no idea with Zoom that she was kind of hiding her body from the camera, so there's all these things we discover when we try things. I just said, "you don't have to stand up or you can turn your camera off and stand up or you can go off-camera and stand up. So she did it sitting. It's kind of like our middle schoolers that didn't want to be seen on the camera. I think,

sometimes, people are more comfortable in-person than on Zoom, which is like being on film. It can be pretty threatening.

Speaker 2:

But what I do is just back it down to little tiny chunks. What would be a gesture that you might do for your grandchildren, if she listed her grandchildren in that first phrase, what would show me your grandchildren? What do they feel like to you? Just a beginning with really specific asks, right? Such a good question. Because if I just, even saying, well, let's move the word wind. That could be hard for somebody if they were praising the wind, right? But if I said, wow, when was the last time you felt the wind on your face, and what did that feel like to you? Can you show me what that felt like?

Speaker 2:

Such a good question, backing it down, and the reason I want to do that is because everything we're about is, can we begin to express ourselves with our bodies, right? And it changes people's lives forever, even if they're just barely moving it all from my perspective. They're changing, and the reason they're changing, which you all know, is that when they move, their whole brain is lighting up. So that's one of the things that I write down to remember to tell people, that if you even just move a little, your whole brain lights up. If you are still, the part of your brain that is the size of a quarter is all that is active. That's a pretty big thing, the size of a quarter and your whole brain, right? And that sometimes is really motivating for people. And I often say just sway a little.

PART 1 OF 4 ENDS [00:23:04]

Speaker 2:

...motivating for people. And I often say just sway a little. Let's just sway together a little and get our brains going. Or let's just yawn and stretch a little and get our brains going. And that's movement. Right? So, picking words that are really familiar, like let's stretch, let's yawn, let's reach, let's sway. Things that are not feeling dancery. Right? Does that help?

Speaker 7:

Oh, absolutely. Thank you. And I think it's so easy to just talk, right? Especially if someone is actually sharing something verbally, that's exciting in and of itself, if they're open and sharing. So, to ask them to go one more step, I'm always curious how to do that really gently. And I love the idea of taking them through the visceral experience of something. Like if you feel wind on your face, what does that feel like? And that's the gesture. I was thinking of our work with elders and how we do that with them.

Speaker 2:

Well, I think what you're saying is also a way that we want to stay flexible and moving. So, if somebody is sharing a story that's really meaningful to them and they really want to share it, we make space for that. We listen and we listen well. And so, we don't listen with, oh, how am I going to get them moving? Which I have done before. But we listen with, what can I learn here? I can make a tapping out of this. Or I could ask a question to move them out of victim into positive, proactive decision making. Or I can go to my victim page. I can go to my affirmations page. And if they start speaking an affirmation out loud, the really cool thing is, that's embodying because the voice vibrates through the whole body.

Speaker 2:

So, to remember that there's a lot of embodiment in very little things at that stage. And so, today, I was with a woman who had just been in a terrible interaction with her sister and we used a couple of affirmations to bring her back to who she is versus what her sister's story is. And she started speaking them really slowly. She was really integrating the affirmation. Really listening. Really listening to herself. And that was really cool for me to see. I thought, Ooh, that'd be a neat suggestion to give to somebody. So, say it again, and, this time, say it really slowly. Now, say it really quick. So, now, we're still working with language, which people love, but we're doing language fast and language slow, so, now, we're in the body. We're dealing with rhythm. Right? And once you're in rhythm, you're in the body.

Speaker 2:

As a coach, your job is a constant process of opening your creativity. Not trying to figure anything out, but just being present in the moment and seeing what creative comes in. And I learn so much from every person I work with. I always take notes of good things to do with another person. It's like they teach me, oh, there's a window in. She took a different window. I'll write that down, so I can use it for somebody. So, it's a constant learning process.

Speaker 2:

And the reason this is such an important question is that most of the people we work with in this Western civilization are not going to be very embodied to start. And then, you get to have a few, always, that just make your heart sing because they'll just do anything with you and go anywhere and play any game and open up their hearts to everything. And you need that. You need some of that.

Steph:

I was going to just say that, sometimes, too, when people are stuck in a story and they're talking about something that's unsettling, or uncomfortable, or painful, that if they get to say what they need to say, and then, you ask them where do they feel that in their body. To scan their body. Which, Alana, you've done with us I don't know how many hundreds of times. Where does that land in your body? Where do you notice that? Or what do you notice in your body?

Steph:

And then, once they've identified it in any way they need to in their body, then they can find a way to put it aside, or breathe through it. All the different things that, then, they can do. So, once they've talked it, then they can reveal where they feel it.

Speaker 2:

Yeah. And that's a really beautiful comment, too, Steph, that one leads to the other. The thing that happens a lot, which was surprising for me at first, is, if I ask, where do you feel it in your body, people say, I don't know. I don't have any idea. I don't even know what you're talking about. And so, then, you can start saying, well, let's just play with it. Touch here and feel that feeling. Or touch here and feel that feeling. Sort of like I was doing with you, although you didn't need it, I was modeling it for you with the praise poem. If you don't know where that phrase lives in your body, make it up. Play with it. It's likely it lives in six different places in your body, anyway.

Speaker 2:

There isn't only one place where this feeling lives. I mean, people talk about, this is where sadness, this is where anger, this is where confusion. It's like, no, you don't really know where it lives in the body for each person. So, thank you for that, Steph. And I think, mainly, it's just not getting attached.

Speaker 2:

So, let me just talk a little about what our loving, empowering, reclaiming story is for today. We're still in that fourth step on the mandala. And I wanted to give you a reframe, or another way to frame coaching, which fits right in with all these questions, which is that your job is to create a healthy and safe container for both you and your client to grow and evolve and flourish. And if you don't feel safe, your client won't feel safe. And so, pushing beyond your comfort level to try to be of service to somebody rarely works.

Speaker 2:

So, you want to come back to, okay, my own safety, my own sense of my own ground and knowing, and create that in your own body, so that you can give that gift to the client. So, you're always creating and recreating your container. What you surround yourself with, what you're evolving into, what your story for that day is. And if you can ground that, each time, in yes. Yes to you, and yes to the good of all.

Speaker 2:

So, it's never just yes to you. It's yes to you and yes to the good of all. Then, you'll be all right. You'll be fine with anybody who comes in the door. And I know many of you know this, you've worked with lots of people in all different capacities, so you already have a sense of that, but it's an interesting thing to think about.

Speaker 2:

What kind of a container am I creating? So, we're going to do some work with that today because most of us didn't have a container as a child that held us really well. That kept us safe, and comfortable, and that constantly affirmed us - somebody who was constantly saying, wow, good on you.

Speaker 2:

I had somebody observe me with my grandson Toby when he was about six years old, and he's 18 now, but we were playing with Legos on the floor and everything was about, yeah, good. Let's do that. Oh, that's great. Yeah. It was all yes to him. And he just kept going and going until he built this amazing thing. And this woman, who is actually my supervisor, a therapist and social worker, said, "I've never observed anything like that before. I've never seen that before."

Speaker 2:

And that was powerful feedback for me because I realized we don't say yes. It's beautiful what Zara shared last time. We don't say yes enough to ourselves and to others. We get to just keep seeking that yes.

Speaker 2:

But as you live more and more into your commitment to keep your channel clear, without any static, then your gifts and your loving kindness just start flowing out. And all the challenges that come are

actually pretty negotiable because you have such a strong sense of your own yes to yourself. You're not very challenged by other things. You're mostly excited by them, engaged by them. It activates your creativity. It makes you feel good to know that you can have impact or support.

Speaker 2:

Every time I find myself on the triangle with somebody, I get to love myself and go back to the healing mandala. So, we haven't talked much about the mandala lately, but I had an experience recently, like I said, where I said something that upset somebody. And when I took it back to the healing mandala, it just cleaned right up. It was like, oh, I was worried and scared and challenged about my own life...

Speaker 2:

Because it will always be that somebody has triggered something about you. So, this person was saying, "I am not forgiving this person. This person is unforgivable. Irredeemable". And I was like, oh my God, I'm irredeemable. She's going to think I'm irredeemable. I've always been irredeemable. My parents thought I was irredeemable. And that little kid in me got triggered.

Speaker 2:

And as soon as I put that on the healing cycle and loved my little kid, I was free. I was off and flying. It was like, no problem. It was like, okay, I got the insight. My little kid's being triggered. I deepened it into, this was my childhood story. I loved that little kid. And the action step was to let go. There wasn't anything more to do with it. Does that make sense?

Speaker 2:

That's that cycle. It's a powerful cycle. So, if you feel yourself pulled off out of your center into that triangle, you can always just take a moment. Nobody even knows you're doing it. And move it right around the healing cycle. It's a magic little tool as a coach. And then, I get to clear another part of my vessel. So, that piece won't be triggered very easily again. It will be amazing how hard it would be to get that one going in me again because I cleaned it. I cleared it. And somebody who was really aggressive might be able to bring it up, but this person wasn't really aggressive. They were just being who they were and I got triggered.

Speaker 2:

So, it's a powerful... I just feel so strongly about this because whatever you're thinking, whatever you're feeling while you're coaching, that's what you're giving to your client. You're holding for them whatever you're holding in your body.

Speaker 2:

So, I want to do, maybe Thursday night, a Magali exercise with you, this amazing psychic teacher in Sedona, Arizona, who did all these things where I would ask Zara a question, and I am holding the real question that I want her to answer in my head, but I don't ask her that question. I might say, go to a place, Zara, where the land meets the sea. And in my head, I'm going, that's where she meets herself, but she doesn't know that I'm thinking that, but I'm holding that for her. And at the end of the exercises, everything Magali was holding for us, we had been answering. We had been answering her questions that she was holding in her head directly. It was such a mind blowing experience for me because that's what happens.

Speaker 2:

So, if I'm sitting with my client and the container I'm creating is, you are perfect. You are loved. You are of value. You have purpose. Everything about you is exactly as it should be. If that's the container I'm holding, that's what they're going to get from me. And that's all they need from me, ultimately. All the other stuff, the stories, and the interventions, and the tools, they're good, but they won't do any good if that container isn't just pouring love into that person.

Speaker 2:

I realize that's a lot of talking, but I feel like you all are so ready to begin to bring all that you've gathered in your lifetime, adding this in, and bringing it to people. And the courage to do that, I believe, comes from knowing that all that's required is that you love. All the rest of it will fall in place. And that makes it a less scary than, I have to memorize 25 new tools and be sure I know when to use them.

Speaker 2:

So, we're going to gather up pieces that we left behind in our leaky containers. So, even people who I view as having the most ideal container as a child that you could have in the Western civilization, had places that didn't work. So, parts of them leaked out of their soul's journey, leaked out of their knowing, leaked out of their essence. And the essence is still there, but the knowing of it is what leaked out. So, those pieces got lost. And what we are doing is building a container where our clients can reclaim those pieces of themselves, bring them back home, regather them, and empower themselves with those pieces they left behind.

Speaker 2:

We're going to go into groups of four now.

Speaker 2:

And you're going to share every positive quality you can remember of your young child. So, what do you love about this little being? And as you're sharing with each other... And you can popcorn, or you can each take a turn, whatever feels good. Sometimes, like if Lulu starts talking about what she liked about her little kid, I'll think, oh, I like that about my little kid, too. And I'll write it on my list. I'll get an idea of something that I'd forgotten about my little kid.

Speaker 2:

But all the things you loved about that kid around three, four, or five years old, before the fairyland left. And just make a nice list, and affirm each other, and help each other create that "love of my little kid"

Speaker 9:

That was so sweet.

Speaker 10:

That was the best. That was the best exercise we've done. I like that.

Speaker 9:

Yeah. Truly.

Speaker 10:

It was really great.

Speaker 11:

Good hear. I'm really glad to hear that. You found some things you like about that little kid, huh?

Speaker 10:

Oh, what other people said, it was just so sweet to hear. And just so easy to come into self-love with that exercise.

Speaker 11:

Oh, wonderful feedback. Thank you. Well, I think what you just said is so important too, is that's the joy of coaching and it's the joy of coaching groups too, which I love group work, but is that you get to hear all these wonderful things, that you would never think of. I love that.

Speaker 11:

All right, let's take our 10 minute break. It's five after 7:00. So, we'll come back at 7:15, and then we'll play with these little kids a little bit.

Speaker 11:

Right. So let's all stretch and arrive again, and breathe a little, and feel your heart congruence coming in, because now, what I would love for you to do is make a picture of that little being that you were just telling all the wonderful qualities of, and taking that being in your arms and go out into the room. And actually, you know how children love to just be walked in the room and held? Or they like you to take hands and circle around with them, or they like you to just touch their face, or they like you to sing them a song. You can leave your sound off so you have some privacy, and just spend some time, the next just three or four minutes, which is kind of long. Take your time being with that little being. And maybe one of the qualities was that she's sassy, so play sassy with her, or maybe one of the qualities was that he is very kind, so be kind with him. See if you can really materialize this little one use, your imaginable world, and bring this little being into your arms, and play, just play for a few minutes.

Speaker 11:

And when you have felt like you've really gotten a relationship to this being, then I want you to imagine that you're going to sit down in the porch swing, and just rock this little being in the porch swing. She's had a nice play with you, she's had a nice connection to you, and now she's ready to rest, she's ready to be rocked and held. Just the way that you held yourself in the canoe, and that you allowed the beautiful songbirds, and the waters to lap the canoe, hold this child like that, and feel nature surrounding both of you, or whatever feels good to you, sing to this child, sound to this child. Play a little, and then find that porch swing, and just begin to rock, to swing back and forth. There's nothing more soothing to your inner being than rocking. And I imagine we don't rock very much anymore. And that would be a good idea right now, to rock myself. So, I will rock myself. So yeah, just take the next four minutes to take your journey with your child.

Speaker 11:

(Silence).

Yes, beautiful, and just very slowly, on your own time, take a minute to find the end of this exploration for now, and just hold that child quietly, and feel the breath of the child, the unique, authentic, beautiful breath of your child.

Speaker 11:

(Silence).

Speaker 11:

And just taking your time, begin to return to the group, but breathe and find your way back. Don't rush.

Speaker 11:

Okay. Is everybody feeling like they can come back? Everybody okay?

Speaker 11:

I have a recommendation, that as you fall asleep each night, just before you go into dream land, just before you fall asleep, just hold that little child, and love her, or him, or they, because "If you heal the inner child, you heal the whole story." That's where it all lives, right?

Speaker 11:

And this is something that in terms of Lulu's question earlier, that I've never had anybody resist. Maybe I don't have them walk in the room with the child, but we look at the positive qualities, we walk and hold the child. And when they actually do the discipline of holding that child, things start to change, because it's that little kid who doesn't feel safe in all of us, who feels like there's danger. And as long as that kid is firing danger signals, we don't have the freedom, the limitless possibilities that we want in our life. The more we hold and love our little child, the more we are able to hold the little child of the other folks. I realize that's kind of a mantra you keep hearing, but it's just so true. Everything we bring has to do with what we have healed in ourselves.

Speaker 11:

Everybody's looking a little sleepy, so I'm not going to talk too much as it's getting late, but I just want to give you three guiding thoughts to mull around for yourself, and even have responses to on the forum, or even kick back with me. But the way we create this safe container, is that I know that life is not fundamentally about me. I no longer believe that life is fundamentally about me. I know that I have a responsibility to the larger story, to the larger wellbeing, to the consciousness of all humanity, to the people in the Ukraine, to the children, in the schools, to my family, to people who are wounded or hurting. I need to hold both of those, the loving of me, and the loving of all.

Speaker 11:

And if I view my life, which is really a fun way to play, as an evolutionary experiment, it leaves a tremendous openness for inquisitiveness, for consistently questioning our assumptions. All these assumptions that have been dropped into our lives. And it's like a beginner's mind every minute. I want to show up empty handed. I want to show up letting go of knowing, totally empty handed, and see what wants to happen now. What will emerge, and bloom, and grow out of that empty handedness? No assumptions about Zara, no assumptions about Abby, no assumptions about Holly, empty-handed, present in the moment we're in together. And let what wants to happen now between us bloom.

Speaker 11:

That's a container that's really nice to be in, one where you don't show up with already knowing who I am and how I need to change. You're probably right, but I probably won't agree with that assumption. You got to make space for me to find that, right?

Speaker 11:

All right. Let's take a moment and take this little kid, and go play empty vessel just to get your bodies going. And then we'll come back and take a little journey to close.

Speaker 11:

This is a game that is a very, very fun game for kids, and adolescents really like this game. So your inner adolescent will like it too. And maybe Lulu, and Lizzie, and Suzanne, who are right together on my screen, would just do a little demo of this, because it's kind of hard to describe, but what happens is, one person is the vessel. So Lizzie is the person who's going to receive from Lulu and Suzanne. And so Lulu gives something to Lizzie, and just for a couple seconds, and then Suzanne interrupts and gives something to Lizzie. Then Lulu interrupts and gives something to Lizzie, then Suzanne interrupts and gives something to Lizzie. Two people are pouring into that vessel, movement and sound, or just movement, or just sound. Yeah? There goes Lulu. Go Lizzie. And now Suzanne interrupts, and she-

PART 3 OF 4 ENDS [01:09:04]

Speaker 2:

And now Suzanne interrupts and she [inaudible 01:09:05] does whatever. Lulu interrupts. Yeah. Then Lulu goes, [inaudible 01:09:16]. Give them a hand. Thank you demo people. So, that's it. And after just a minute or so, Suzanne will become the vessel and Lulu and Lizzie would give to Suzanne and then Lulu become the vessel and Lizzie and Suzanne would give to Lulu. Does that make sense to everybody? Everybody got it?

Lulu:

Yeah. I was just going to say, the other thing is that if someone gives me something that's really spastic, and they're like waving their hands and yelling or something. I might modify it and do what works for me. I'm still reflecting, but I'm doing what works for me.

Speaker 2:

And so, just a quick moment, because we don't have much time, but that is a spontaneous creative lead and follow. I mean, it has so many layers for children in it, and for adults in it. And I've played this with corporate groups, like the restaurant group, and they went crazy for it. I mean, I thought, oh, we'll just see, like Lulu was saying, "We'll see what happens." But the structure of it makes it accessible, right? For groups, because it doesn't like just move in the room. It's like have the real tight structure. So thank you all. Does everybody feel a little bit more awake from all that moving? All right.

Speaker 2:

So we're going to take a little journey that you can take your clients on and I'm going to take you a little longer and a little deeper, but you can modify it however you want. And it is in the Body Now book. And so you can find it, the walking the path of self-love, but I'm going to also mix it up with another one,

which is a Johnny Moses exercise called Reclaiming the Gift. And Johnny Moses is a fabulous tribal chief in the Northwest who taught us this story - That the earth holds these pieces that leaked out of your container for you. And they hold the pieces that leaked out of the container for your clients, the energy, the universe, the earth, the birds, the trees, the waters, the stones. They hold those stories for us until we're ready to reclaim them. So, this is a reclaiming journey for you. And just take it as exactly where it wants to be for you and your body tonight. As deep or not deep, as broad or narrow. Just be with you now for this journey and honor and love your body knowing, which is a huge gift that you have to bring to the earth.

Speaker 2:

So you just need to be where you can hear me. Either be walking in your room or around your room or around your chair or whatever space you have to do this. And so you just begin by walking in the room and breathing and making whatever sound your body wants to make. Maybe sighing or toning or wailing or singing, or soft sounds, or staccato sounds, or sustained sounds. Just sound and breathe and move a little bit. Just arriving in your room, in your body. Checking in with your body sensation again. See if there's any place that needs a little extra attention or love. (Pause.)

And while you're there just drop for a moment into your fluidy body, which is so nurturing for every person you work with and for you. Just feel like you're all water, that 80% of your body that is fluid, just let it be all that's moving. There's no bones, there's no muscles. It's just liquid. You're all flowing liquid. Like water flowing or in the warm water moving, or waves and rhythm. Your fluidity self.

Speaker 2:

And as we're gently moving into this place for the journey, just allow your inner child and your adolescent and your young adult, allow them all to come with you on this journey, on this healing journey, all the different people in your inner landscape, all the different beings. Just moving, breathing. And feeling a sense of loving that body that will talk to you, sing to you, move with you. And now pause, slowly come to a pause, and feel your feet on the floor and the earth beneath your feet. And just do, "I am here," a few times. Just grounding in the safety of "I am here, and I know who I am."

Speaker 2:

And then just in your imagination, the imaginal world, which is where all healing happens, begin to create an environment around you. Are you on the ocean? Are you walking in sand? Are you in a meadow of flowers? Are you up in the clouds? Are you walking up a mountain or walking down a mountain? Are you walking on a road that winds through fields of grass and winds blowing in your face? Where are you? Put yourself in a place that you would like to be, that you love to go. And from this place where you have paused, begin to walk a path, a clear path through this space that you are in. So I'm just going to give you a moment to be sure you have your space.

Speaker 2:

And as you're walking, just review all the ways along your path that you have been amazing, The ways you've been generous and kind, breathtaking in the last 10 years. Maybe times you showed up for somebody else, times showed up for yourself. Times you appreciated someone at just the right time or made something happened - Gave fully of yourself to someone else. And just pause along your path and acknowledge these memories. So picking up that time you were kind and putting it in your heart, uncovering what's under the stone along the path. That time you loved yourself, take it out from under that stone and put it in your heart. Maybe reach up into the tree and pluck a little love for yourself. A

little memory of you rocking your baby, of you being with your dog, of you being kind to your mom. Pluck it off a tree and put it in your heart. And then walk a little further down the path and see what shows up on the left or what shows up on the right. Maybe there's water, birds, fountains, bridges. Pausing along the way and gathering up all those pieces of you. Bringing all of you home to yourself. Honoring and seeing you. So, I'm just going let my words go away and let you walk that path and gather up all those pieces of your beautiful self and put them in your heart.

Speaker 2:

Maybe as your heart gets full, you'll begin to do a little love dance or a little movement celebration for yourself, pausing and singing, and then walking and pausing and sounding and going along the path. And, seeing what wants to rise up at each pause along the path. Dancing with the chipmunks, singing with the birds, remembering that the ancestors are always there with you. They're dancing your joy, they're singing you songs. Feel those dances in your bones and listen for those songs of the ancestors. Let them come through your body as you're moving down your path of self-love.

Speaker 2:

What wants to happen now as the songs of the ancestors come through as you celebrate your beautiful self? Moving a love story to yourself, caressing and playing and flowing down the path. Maybe you'll even sing a love song to yourself. And as you're singing and moving and sounding, drop back into the fluids, into your watery being, and let all of this loving awareness you have cultivated circulate through your whole body. Let it infuse your cells and your bones and your blood and your muscles and building your essence. Let the sound and the movements of breathtaking love flow through your body. Breathtaking love. Opening up your whole being to the waters of the earth that are ancient and all knowing, always moving and changing and evolving. And let that infinite source of wellbeing flow right into your fluid body and bathe you in loving kindness. Moving and singing and sounding your gratitude to the stream of wellbeing that shines so much love on you, and the waters that rock you always in their endless wisdom. Praising yourself and your ancestors and your guides and your connection to source and your ability to serve, to show up on this earth.

Speaker 2:

And very, very slowly begin to let this path lead you out of the meadow or the mountain or the fields, and bring you home to where you began the journey. Follow the path, breathing, moving. And let your hands begin to touch your body as you're returning so that you feel the boundaries of your body. The way that your skin holds you together and the muscles and bones that live in the fluids. The breathtaking way your body serves you and guides you in your life. Just taking a moment as you reemerge, to appreciate the magic and the mystery of your amazing, amazing being. Breathing and sounding and walking and touching your way back into the present moment.

Speaker 2:

Yeah. Maybe just closing your eyes when you come back and just letting that all integrate. I see several of you doing that. Just let it all move around in your body and just rest into that for a moment. All that loving that you just gathered up in your heart. And if everybody could unmute, we're just going to send a few loving gossamer threads through zoom to each other. So I will send a thread of love to Zara with a little sound. If I want a little hum, and Zara will pass one on to Laurie and we'll all be gossamer threading at the same time, so we network up our energy. You could send something to somebody's back, you

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could send something to their side. You could circle their whole body with a gossamer thread of love. (Singing). We're just letting our tones weave together. (Singing).

Speaker 2:

And just carry that beautiful weave of our connected voices with you into your day tomorrow, feeling the love and the connection to yourself, to the earth, to each other. Blessings on us all. Will see you all Thursday.

Speaker 15:

Thank you, Alana

Speaker 13:

Thank you. Love you all.

Speaker 2:

Thank you.

PART 4 OF 4 ENDS [01:31:02]