

Alana:

Welcome everybody. How's everybody doing? Everybody okay? All right. Well, this is a really exciting month. It's a very deep month, a deep dive month and a lot of tools that we probably have to spill some into April. There are so many tools for embracing because it's such a complex step to go from awareness to really dropping into owning and embracing and coming into that understanding of where something's coming from before we fall in love with it. So I thought if it's okay with everybody, I know you probably just got your cup of tea, but I thought we would just start with moving. I was listening to some of the embodied workshop broadcast, And one of my favorite people was on and he was saying, "To play with moving at the speed of trust." And I just thought that was such a powerfully, interesting idea, to move at the speed of trust.

Alana:

What does that really mean for you in your body? Through that trust, you can allow your soul to be stirred. And so let's stand up and let our bodies move around in our own space at the speed of trust, move around to get our souls stirred, get our energy going and to be inspired with breath, just the breath of movement. So that we can actually arrive in what Tony Robbins calls energized state. So I'm just going to put Alison Krauss' Down to the River to Pray on which is just sweet and not very pushy piece of music. And just everybody move around however you want at your speed of trust. Trusting you, trusting your body, trusting your soul's journey and see what happens for you in the next couple of minutes and then we'll come back and get down to business. Okay?

Alana:

Okay. Here we go. Now just taking a nice deep breath and slowing down and listening to your body, listening to yourself. Ahhhh, maybe letting a sigh out and just noticing your breath, noticing your heart rate. Ahhhh, knowing you're right where you need to be. As you're keeping your eyes closed for a moment more, just rub your hands together. So you begin to create a little electricity to hook up to the magnetic fields of the earth. And let your heart-loving energy flow into those hands right into that field you're creating. Feel the connection between your heart and your hands and the energy you're generating just a little more, a little more, a little more, and then put it up to the screen, those hands and let's feel our electromagnetic fields connecting. Feeling that energy hand to hand to hand so we can see our hands. Yeah.

Alana:

Let your heart just flow right into your hands, right into your fingertips and feel our community, feel our connection. Yeah. Thank you. Can't remember who was it who used to say all the time, "Wherever you are, make sure you're there." I love that. It's like taking time to actually arrive where I am is part of embracing because so often I'm not where I am. I'm headed to the next thing I'm going to or I'm lingering in something from the last thing I did. Just to be wherever I am, that's a bigger ask than it seems like. So I was mentioned that people still didn't all know each other depending on who's been in the circle when, so I thought we'd do a quick copy circle with our name and movement but a simultaneous one. So we could just start going.

Alana:

And so we'll just start up in the upper left corner and then switch back going left to right, left to right, left to right. I'll just call names

Alana:

So we'll just start with Abby and she's going to say her name and move, and say her name a few times and we're going to move right with her. We're not going to copy, we're going to try to catch her as she goes as opposed to she moves, they move, we move.

Suzanne:

Maybe we should all unmute first so we can just easily go from person to person. That would be really helpful, Suzanne. Thank you. Yeah. If everybody could unmute we'll be all set.

Alana:

All right. Beautiful, beautiful. Thank you. I think we feel like we're here. Does everybody feel like we're here? We have arrived. So in that first module of the training in the first stop on the Mandala, we're awakening up to whatever we want to wake up to and bringing those skills to our clients and guiding our clients to their own inspiration and knowing. And in this module, we want to take all the energy we generated in that waking up with unconditionally witnessing ourselves and others and just uncovering all these amazing inner beings that need loving or need more good attention. There's so many parts of you and as we go on, I'll teach you five or six different models for inner being access. But to just know they're in there and they want to be heard, they want to be woken up.

Alana:

And if we can explore all of those parts of ourselves unconditionally, witness them with love, and feel the freedom of that in our bodies. Somebody recently said, "I couldn't believe how much freedom I felt when I let that part of me speak." Then we can break those habits of unconscious acting, unconscious patterns, unconscious responses. And then we'll bring a different story to our clients. So every time I start with somebody new to work with, I have to go through letting go of all conditioned responses that I might be having. And the only way that I can do that is to see what is being triggered in me. So there was a man that I spoke with today who triggered my sense of mistrust – though saying all the right words.

Alana:

But none of it felt real. It felt like the imposter syndrome, that's what Abby's called it. I felt my body tensing, I felt me backing up a little. A little contraction in my belly, my throat got a little tight. And I realized that, that's a part that I fear in myself all the time. Am I really who I say I am? Am I really walking my talk? Do I really mean all these big words that I say? Am I really truthfully, honestly in high integrity around this work that I'm doing? Am I fooling myself? Am I fooling others? All those strange self-doubts that can come up when I see that reflected in front of me. And so I was able to just be quiet with that part of me for a moment.

Alana:

It was very powerful as I sat with myself quietly and came into understanding. It was about me, not about him. I was amazed at when I looked back at him, I saw this very earnest, trying very hard, young man who wants to be a good man, wants to be lovable, wants people to know that he's not one of those men all over the news and desperate for me to know that he's a good person and that he wants to do some work to get to be a better person. He's very earnest and very anxious and that's not what I saw at all when I was coming from my own stereotypes, my own story. So just an example of how important it

is. It's not that we won't have those responses, it's what do we do when we have them? And that is so much about listening to your body. Listening, listening, listening, listening to your body.

Alana:

And that is about presence, right? One of my friends who's a doctor has talked about this, the whole thing of going from person to person to person and how do you stay present with each person. Show up again, show up again, show up again instead of thinking about what I'm going to eat for lunch. I'm not present, I'm not there. And part of that is because people bring up things that make us feel vulnerable. And vulnerability is the only possibility for intimacy and connection. If you're not willing to be vulnerable, there will be no intimacy, no real intimacy and no real connection.

Alana:

And as this young man and I spoke through the hour, he became more and more vulnerable and shared more and more of what was happening for him in his life. And then I was able to share with him the fears that I had and ways in which I could relate to his fears. And ultimately in one hour's time, we had as much intimacy as some people have in a lifetime. And it's because we were willing to be vulnerable, to be absolutely present and vulnerable. So it's like to me, all of life is about getting present and then following your bodies into that... Living that life of what wants to happen now, right now, in this moment. Because present has nothing to do with past or future. So getting present and following that into what wants to happen now.

Alana:

And I don't think it possible to be a coach that can bring value without the willingness to be seen yourself to be vulnerable so that people see all of the complexity of who you are. Just in the way you open up, the way you speak, the way you listen, the way your heart is in the moment. So I can connect right now with looking at Lulu on the screen with a great deal of vulnerability just by opening my heart to Lulu and seeing her nodding her head to me and my whole body begins to loop out and in and out and in and there's a connect. So it's there, it's always available.

We're going to do a check-in which some of you've done this before.

Alana:

And this is a place where you'll decide. For now, at this moment, in this moment in time how vulnerable do you want to be? And it's just called "What is true about you? So five times I'm going to say to Lulu, if I was doing it with Lulu, "Lulu, what is true about you?" And she would say something. And then I'd say, "Thank you, Lulu. What else is true about you? Thank you, Lulu what else is true about you?" So I'll do that five times and the idea is you just answer, you don't worry. It's not like you're going to take three or four minutes to find that one thing that's true about you. It's just like, oh what is true about me in this moment? Alana, what is true about you? I'm rested. What is true about you? I had a good workout. What is true about you? I'm always a little scared that I won't bring enough value. What is true about you?

Alana:

Just like that. Just small things or large things but noticing, because you're in a partnership that your partner gets two minutes to answer the five questions and you get two minutes to answer the five questions. So that's part of coaching too. We have an hour and 15 minutes. How much am I going to wax

eloquent? How long am I going to let my person I'm helping tell story? And how do I deviate from story? All of that. So we'll go into partners, you'll do five questions and just write down the answers on your piece of paper or just a note to remember them. And then you're going to come back. So say that Lulu and I were partners, we would come back and Lulu would say, "This is Alana and what is true about her is she gets a little anxious about teaching the class." So she could pick anyone of the five that resonated with her and present me.

Alana:

And the magic of this, which you all probably have already guessed is if I say that, "This is Lulu and she's nervous tonight about being alert for the whole time because it's late." Something like that. Well, I would know that was about me, that I'm nervous about the lateness and nervous about whether I'll keep my energy up. Because I chose that one of the five, it will be part of what's in my body too. So as I introduce my partner, I'm introducing myself. I think it's sort of magic how that happens. But you don't have to believe that to do the exercise. So you can go ahead and get your five things together from each side and then come back and introduce your partner.

Abby:

Hi Laurie.

Laurie:

Hi Abby.

Abby:

Hi. It's good to see you.

Laurie:

You too. Hugs hugs.

Abby:

Oh, thank you.

Laurie:

Of course.

Laurie:

Okay.

Abby:

All right. Laurie, what is true about you?

Laurie:

I love to read.

Abby:

Thank you. What else is true about you?

Laurie:

I love to dance.

Abby:

Ooh, thank you. What else is true about you?

Laurie:

I want to be more of myself.

Abby:

Thank you. What else is true about you?

Laurie:

I have creativity that is hidden inside.

Abby:

Hidden inside. Thank you. And what else is true about you?

Laurie:

I can be really messy.

Abby:

Thank you. Really messy. I love that. All right.

Laurie:

Okay. Abby.

Abby:

Yes.

Laurie:

What is true about you?

Abby:

Oh, I love to journal.

Laurie:

What is true about you Abby?

Abby:

I really love to go to concerts.

Laurie:

Abby, what is true about you?

Abby:

Strangely, I'm craving chocolate.

Laurie:

Abby, what is true about you?

Abby:

I really like to play Sudoku. Yeah.

Laurie:

Abby, what is true about you?

Abby:

I'm a night owl.

Suzanne:

Sure. I'd be happy to introduce my partner. Evelyn. Evelyn feels like she might have done the assignment wrong.

Speaker 1:

I love that.

Suzanne:

Yeah. It was a great one.

Speaker 1:

Heather.

Heather:

Yes. My partner was Lizzy Judah and she made some amazing chicken soup to bring to a friend with cancer and a neighbor with a baby and she felt like a real good Jewish mama.

Speaker 1:

All right. Holly.

Holly:

Okay. I would love to introduce Anna, and Anna is a dreamer.

Speaker 1:

Beautiful. Lulu.

Lulu:

I would like to introduce Perry and Perry is enjoying learning how to play the fiddle.

Speaker 1:

Wow. All right. Anna.

Anna:

I'm going to introduce Holly and Holly is tender hearted and I felt that.

Speaker 1:

Holly is what? I didn't catch it.

Anna:

Tender hearted.

Speaker 1:

Tender hearted. All right. Thank you for repeating for me. I appreciate that. All right. Zara.

Zara:

I will introduce Stephanie and she is at her best when she's helping other people.

Speaker 1:

So you hope you're all noticing how these apply to you. Lizzie you're next.

Lizzie:

I would like to introduce my friend Heather who spent the afternoon making a spreadsheet and she feels stoked about it.

Laurie:

I would like to introduce you all to Abby who strangely is craving chocolate.

Perry:

I would like to introduce Lulu who loves jumping on trampolines.

Abby:

I would like to introduce Laurie who has a creativity hidden inside.

Evelyn:

So I want to introduce Suzanne, who is a grandmother who cherishes spending time with her granddaughter.

Oh, okay. Well, we'll keep going and hope she gets back.

Lizzie:

Lizzie:

I deeply believe in the coach being vulnerable and creating a sense of intimacy by sharing about ourselves and about our process. And I'm struck that that is so different than how therapists are supposed to act and be in the world. I don't know if you have thoughts about that or.

Speaker 1:

Well, yeah, I think that's a great question Lizzie. We'll be navigating that the whole six months because there's a line between making the session about you.

Speaker 1:

When I mean about being vulnerable, it's like it's an energetic thing first. So your heart is open and your heart is vulnerable and you're present. Right? And then you're willing to tell stories about things that will help your client understand what you're talking about. Right? So, we'll do a couple of those today. I'll do a couple of those but it isn't the... And I think a lot of modern day therapists work that way as well.

Speaker 1:

Work more that way I think it's old fashion that the therapist stayed back. But it is a fine line. It's a really good question because if I'm having a really difficult time and I'm in grief or something, I might cancel a session rather than put that onto my client. So, there are some extremes that we don't go to but it's a good thing to think about.

Speaker 1:

So this is all part of where we started. That part of the embracing step and part of the vulnerability that Lizzie's asking about. Part of the coaching responsibility is to know where your impulse to speak is coming from. Where your impulse to speak, to act is coming from.

Speaker 1:

So if I'm talking to my partner, my friend, my colleague, my boss, my office mates, my children, the earth, anything. I want to know where my impulse to speak or to act is coming from. I want to know if it's coming from fear and ego or whether it's coming from my evolutionary impulse or whether it's coming from an essence place that doesn't even communicate to other but that is the unmanifest self.

Speaker 1:

So, we'll play with these parts of ourself. What we're going to play with tonight is when we are in ego and we want to... We have developed what we call personas. Does everybody know what personas are? Basically, we have them. We have millions of them, right? So I have my teacher coaching class persona on right now whether I'm willing to admit it or not. I'm not showing up as your let's hang out and have girlfriend time. I'm not showing up as, oh, doesn't really matter what I say or what happens. We're all here and it'll all be good and it'll be fine. That's not the persona I'm in at all.

Speaker 1:

I am in my trust the universe persona, which might not be a persona but can turn into a persona. So it's just really interesting to play with this. So we develop these personas in our lives in order to survive, in order to stay safe, in order to feel like we fit in, in order to be liked, in order to get attention, in order to override feelings, which is one of the most common reasons that personas develop especially grief.

Wherever there's ungrieved grief there will be a persona that blooms and they really do feel like they create safety and they do create safety sometimes.

Speaker 1:

So when I go in to make a presentation to a group of corporate people, I have a certain persona that I put on that keeps me safe in relation to them. So, I will be watchful. I will see how it's going. I'll be sure it's landing for them. I'll be careful. And I don't feel like I have to be watchful and careful tonight. I don't need that persona with this circle of humans. Right? And so sometimes the personas they're great. We call on them. You put on a persona in order to make a good speech or in order to be show up in your courage. You put your courage persona on. So they all have a golden side.

Speaker 1:

There's nothing about the persona that we want to criticize or make wrong or bad but we're going to play tonight with a really powerful tool. We're actually going to do it tonight because we have another thing I want you to do on Thursday. Thinking of a persona that we have that we think it limits us in some way or inhibits our joy, inhibits our ability to live a limitless life or inhibits our ability to feel peaceful. And so for me, in terms of what I was telling Lizzie earlier, story of that, that I will tell you, which is a way of being vulnerable as a coach is that I have a persona that puts too much on the schedule. I'm constantly overextending myself.

Speaker 1:

I'm constantly having too many things to do and too much more than is really doable in a peaceful way. And, for me, if we did a persona interview, we would talk to that persona. What does that persona need or want or believe in and where did it come from? All that stuff. Right? So, we like to name these personas. So for me, that might be Betty busy or it might be acrazy know it all, or it might be Betty be enough or Donna do it all. Right? There's all kinds of fun names I could make up for her. And then what I want you to do and Abby I think has put it in the chat for you is open up the tool that we gave you in the notebook on page 12.

Speaker 1:

So go to your notebook on page 12 and open up the persona interview or you could open it up from the chat. Or if you printed out your notebook, which would be divine if you were in my world, you would look at page 12..

Speaker 1:

So just before I go any further, does everybody have that persona interview in front of them one way or another? Either from the chat where you can open it or from the notebook where you can open it. Yeah. Thank you, Heather. Thumbs up when you've all got it. And then I'll know we're ready to go.

Speaker 1:

Okay. All right. So here's how this goes. You have your person, you see the directions, choose a name for the persona. What would you like to be called? And then you ask them to take a big step into the persona and can exaggerate that. So, this is really good to do this standing up because you enter a different part of your brain when you stand up and you would ask me to take a big step into the persona.

Speaker 1:

So I'm going to step away from who I am right now and into Donna do it all. Right? And then each question you ask me, you say Donna do it all, what are you most proud of? Donna do it all, what is the most important thing to you? Right? You say the name, so you remind your person there in the persona. So we're not saying what's most important to Alana. We're saying what's the most important to Donna do it all. And once again, the biggest most important thing you're doing is you're witnessing in love. You're writing the answers down.

Speaker 1:

And if you start to judge the answers or think you know what the answers should have been, or you start to feel like they're not doing it right, anything like that, it's an opportunity just to notice. Hmm. Not judge yourself, not be hard on yourself but just to go oh, that's interesting. I'm reacting to her responses. I think I'll put that over here on the table and I'll go ahead and come back and be present with Lulu and actually be here and record her answers and allow her to be who she is and open up my heart to her. The vulnerability we've talked about, right? So you can do a persona interview and not get much from it with people because you are locking them down before they even answer. You already know what they ought to say or you already think you know or you don't want to hear their answers because it's scary or whatever.

Speaker 1:

And that's all okay. This is an experiment for you to practice this. All you want to do as the interviewer is just notice. Notice what your responses are and love them and make a note of your responses if you need to alongside your partner's responses and you don't comment. You just write them down and then at the end of the interview, you can ask your person if there was anything interesting in that for them.

Speaker 1:

Did they learn anything? Did anything pop out for them? You might see some things but right now you're not going to share those. You're just going to say, let them share whatever they learned from that persona being interviewed. And then you'll take your turn and they'll interview you and then you'll share what you learned. So it's very clean. Not a lot of interpretive conversation going back and forth. Does that make sense to everybody? All right.

Laurie:

I do have a question. I know you said we're going to do a limiting persona. So can you give us a minute to figure out which of those we want to work on?

Speaker 1:

I like that Laurie. That's called vulnerable. I've got 14. I'm going to have a little trouble choosing which of the 14, right? Like Heather. This one or this or this one? So yeah. It doesn't have to be your most intense limiting persona. You're just learning a form here. And we haven't created absolute safety. We don't know each other. You're not with this person on your own over and over again. So I don't do a persona interview the first time I work with somebody. So just take care of yourself and it can be really fun to do something that's been just recently in terms of your question Laurie, holding you up.

Speaker 1:

Something that just keeps coming in. Is like I can't do this or I can't do that or I won't do this or I won't do that. What is the persona that's blocking that joy, that pleasure, that sweetness in your life? And it will have a golden side and it will have a side that is limiting and you'll hopefully get to visit both in the course of your interview. So, we're not trying to fix you or change you.

PART 2 OF 4 ENDS [00:48:04]

Speaker 2:

We're exploring for information about your inner beings. All right. So go ahead to your partners and if you need another minute, just ask for it and sit quietly together. And I think we'll do at least 15 minutes for this, which is long, but I think it gives you time to connect, go both ways and talk a little, and then if there's time left, you can connect in whatever way you like. Okay? Does that feel right to everybody? If it isn't enough time, you'll let Abbey know.

Lori:

Would do you like to be interviewed first this time?

Abbey:

Sure.

Lori:

Okay. What would you like to be called?

Abbey:

I am Olivia the obsessor.

Lori:

Okay. Now I would like you to stand up and take a big step out of yourself.

Abbey:

Okay.

Lori:

And then after that, if you'd like to come back and sit down, you're welcome to, or you may stay standing, whatever you'd like.

Abbey:

Okay, I'm ready.

Lori:

Okay. Olivia the obsessor, what are... Pardon me, what are you most proud of?

Abbey:

I am most proud of how organized things in my life are.

Abbey:

(silence)

Lori:

Olivia the obsessor, what is the most important thing to you?

Abbey:

Everything being where it should be and how it should be.

Lori:

Okay. Olivia the obsessor, when are you most valuable to you? I think it should be to you. When are you most valuable to you?

Abbey:

When I have a very long to do list.

Lori:

Olivia the obsessor, when did you make your first appearance?

Abbey:

Very young. I hope very young. I don't know how young, but I've always been around.

Lori:

Let me quote you.

Abbey:

Always been around.

Lori:

Okay. Olivia the obsessor, what are you most afraid of?

Abbey:

Not doing something I'm supposed to do.

Lori:

And Olivia the obsessor, what do you want most?

Abbey:

More space to... Or just more physical space to organize things better.

Lori:

Olivia the obsessor, what did you notice about these answers? Or maybe that's not Olivia, maybe that's you. Okay, Abbey, what did you most notice about these answers?

Abbey:

That I am definitely my own worst, I don't know if critic is the right word, but I definitely put... I'm just noticing how much pressure I put on myself and how much I also love this part of myself and noticing that... and I guess how much I value this part of myself. And I want to go organize something.

Lori:

What do you want to go organize?

Abbey:

I have no idea.

Lori:

That's seven o'clock. I love it. Can I hire you for my desk?

Abbey:

Absolutely. I would do it.

Lori:

Oops, now, there I switched into me. Interesting.

Abbey:

Who is your persona?

Lori:

I am hidden heliotrope.

Abbey:

Hidden heliotrope. I love that. Okay, get my questions here. Hidden heliotrope what are you most proud of?

Lori:

My potential.

Abbey:

Oh, I didn't ask if you wanted to step into it. I'm sorry. Would you like to stand up and step into it real quick? All right.

Lori:

Thank you.

Abbey:

And you said your potential?

Lori:

Yeah.

Abbey:

All right. Hidden heliotrope, what is the important thing to you?

Abbey:

(silence)

Lori:

To be expressive and unique.

Abbey:

Hidden heliotrope, what are your most valuable to you?

Abbey:

(silence)

Lori:

Maybe when there are so many things to do. I have to think about that one.

Abbey:

All right. Hidden heliotrope, when did you make your first appearance?

Lori:

Well, definitely, when I was married. That's probably a good one.

Abbey:

Hidden heliotrope, what are you most afraid of?

Lori:

Not being creative. Not making something creative, like a thing.

Abbey:

And Hidden heliotrope, what do you most want?

Lori:

To pick the creative time making rather than the to do list. I know I could put the creativity on a to do list.

Abbey:

Well, thank you very much. Now, Lori, what is anything that came up for you or just any noticing or anything like that?

Lori:

Well, I guess what I just said. I could put the creativity on a to do list.

Abbey:

I like that.

Lori:

At the top. No, I won't go that far. I can't change that much. I mean, I could.

Speaker 2:

All right, well, it's time for a break, but I'd like to take another minute or two and just ask if anybody would share anything that was interesting to them, just maybe one of the... Like when I asked Donna do it all, what she wanted, she said she wanted to play and that's not what I expected at all. I thought she wanted to be respected or admired and she just went, "I want to play." So, that was fun. That was a discovery for me. You can give yourself a persona interview as well, obviously. So, who would like to share something?

Lulu:

About our own? About our own.

Speaker 2:

Yeah, about your own. That you discovered in your own. Thank you for that clarification.

Lulu:

Well, I'll share since I've unmuted and I have something to share. So I knew this about myself, but I didn't connect it to the persona. So, I thought it was really interesting. But my persona what they wanted most of all was for really tune into their own inner knowing and for things to just flow out easily, not to try to learn something, but for it to just flow with ease by tuning into inner knowing.

Speaker 2:

Beautiful. What was your persona call?

Lulu:

Absorb it all Alma. It was a pretty hard thing to say. Every time Perry said it, it was like a tongue twister. Absorb it all Alma, Absorb it all Alma.

Speaker 2:

Thank you. I mean, I'm sure other people are feeling this too, but whenever I hear anybody's persona, I go, "Oh yeah, I have that one too." Like Lori was saying.

Lori:

Could we hear all the persona names?

Speaker 2:

Well, if anybody is willing to share any part of it, that's totally fine. I actually asked Lulu, which was a little out of line because she didn't choose to share that name. I asked her to share that name.

Lulu:

Hey, I'm an open vessel. No secrets here.

Speaker 2:

Well, I happen to know that about you, but I'm just saying share what you'd like to share. Go ahead. Who else would like to share?

Speaker 3:

I'll share. So I was independent Isla. That was my persona. And she does everything on her own and doesn't need anyone. So what I found interesting is jumping into that persona and exaggerating, actually brought some humor to it, because when I initially thought about it, it made me feel kind of ashamed that I have that part of myself. But then it was kind of hilarious because I started really getting into the persona. So, that was fun.

Speaker 2:

Fabulous. And just to quickly clarify, independent Isla has a tremendous amount of value when you need the strength of her, right? And she's a pain in the butt when you need to be collaborating and joining other people and getting help, right? And that's the same with Absorb it all Alma, Lulu's learner, is one of her great gifts and it can take her into five workshops a week and exhaustion, right? So just making up stories for both of you, but there's always a golden side. All right. Somebody else willing to share.

Speaker 4:

I had... I was [inaudible 01:04:00] responsibility and a surprise came to me when I was asked, what age did I appear? And I had this really clear image of being in school and wanting the homework to be perfect. I couldn't... I had to understand it and I had to get an A. It just kind of surprised me. It was like, "Oh, that's interesting."

Speaker 2:

Oh, cool. Yeah, beautiful. The discovery of where the different questions have different power. Perry, did you start just speak? I'm sorry.

Perry:

Yeah, I was just going to go ahead and throw mine in. No big surprise, mine is unimportant Alma and I think probably mine was also the age that mine came in was probably around 12 or 13 when my church was planning a hike on the Appalachian Trail. And basically the team that was going persuaded my parents that somehow that there was really no way I was going to be able to do it.

Perry:

And that I should like... So anyway, exclusion from my community. I was unimportant.

Speaker 2:

Beautiful. Thank you for sharing that.

Speaker 5:

I can share mine. I decided to pick one from work and it was, I can't possibly be on time and the two things that came up were actually the underlying compassion of that and desire for connection, just to part with wanting to be liked. So I could feel the beauty of that impulse and some of the underlying issues with it.

Speaker 2:

Beautiful.

Speaker 6:

I can share mine. I had a fun one come up because I was thinking about her earlier today. And then I got to meet her more. So I love this exercise and the timing of it. And she got a name and her official name is Levity Lala. She doesn't take anything seriously and no one takes her seriously. So that's the pro and con of this persona.

Lizzy:

I am lack of a local lover Lizzzy. Her strong side is incredibly independent and happy on her own and then the downside is, "I can't attract anybody that I want."

Speaker 2:

Beautiful. Wow. Lack of a local lover Lizzy. I love the alliteration. Anybody else want to share?

Speaker 7:

I'll go to the dual of Lizzy and mine was, perfect Patty perfection. And I found myself for the most part being able to keep it together emotionally throughout the interview until I was asked what it is that I most not like and it was chaos and I could barely get the words out, was such a feeling of almost rage, to say that.

Speaker 2:

Beautiful.

Lori:

I am hidden heliotrope. And I first appeared more or less when I was married.

Speaker 2:

Oh, wow. Big. Beautiful. Thank you for sharing that. Anybody else who want to share?

Steph:

I was caretaker Callie, and one of the things that surprised me a little bit was the fear of running out of energy and not being able to do it.

Speaker 2:

Wow. Powerful. Big stress. Thank you, Steph. Are we good? All right. Well, we took kind of a long time, I realize. But I think it's incredibly valuable because you can see the power of this tool. The person themselves will get a huge amount out of it. And then if you ask some appreciative inquiry questions, you can deepen it, right? So if we know that Donna do it all, wants to play well, it could be really interesting to... Well, when did she show up? And to help me look at where was it that play became something that wasn't okay. So you might even say, "I wonder if you got to play when you were little, did you get to play when you were young? Was play okay in your family?" Just asking some questions that might open up.

Speaker 2:

So this kind of interview is a full hour and 15 minutes work then, to begin to look how they relate to each other, right? So if I look at what I'm most afraid of and what I most want, how do those interlace with each other? Right? And what is the... How is my fear preventing me getting what I want? For example.

Speaker 2:

So in the course of just these six questions, there's even information you could use for further coaching sessions, where you don't necessarily refer directly to the persona interview, but you now have a lot of knowledge about this person, because that persona interview also flushes out other parts of that person, right? So we'd be interested in what was it in Lori's marriage that created that hidden heliotrope and where did that begin in her life? Or we'd be interested in where Heather found out that to be perfect was how she got attention, got love, got respect, got to be a good part of her family. I'm just making stuff up right now for people, right? Or the unimportant Alma, how is that playing out...

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

Speaker 8:

... Unimportant-Irma. How is that playing out itself for Perry, in not honoring all that he's doing and how he's showing up on the earth, still seeing himself as unimportant, no matter how important he gets. I don't know if that's true for you at all, Perry.

Speaker 8:

I'm just giving examples of how, just from the names, you could begin to ask questions and mind the depth of one persona interview. So it's a very powerful tool and it's very simple and very gentle and can be done.

Speaker 8:

Like Heather said, what are you most afraid of, brought a lot of feeling up for her. When that happens, you pause and you let the person have their feelings. They're not required to talk through their feelings or to keep moving on, right? They can just have their feelings and you can even say, feelings are just for feeling.

Speaker 8:

It's a beautiful phrase to give people, because most of us don't know that feelings are just for feeling. We think feelings have to be fixed. And you can stay with your person quietly, present and allowing

them to move through. And then you can say, how are you doing? What's what's happening now, what's coming up for you now? As opposed to jumping in and trying to fix the fact that they've had a really emotional response, which is a real impetus to do that.

Speaker 8:

It's so important to make space for people to feel their feelings when you're doing these kind of tools.

Speaker 8:

Well, I hope that was rich for everybody. It's 7:20 AM, whatever it is. Let me see. I have to look at this. 7:23 AM, so we're way late on our break. How about coming back at 25 till, coming back a little quicker, so we have a little more time to finish tonight? Does that feel okay? Come back at 7:35 AM? All right. See you 10 minutes. Thank you. Thanks for hanging in there so long.

Speaker 8:

Okay. How's everybody doing? Did you get a little snack so you can make it through here for another 20 minutes?

Speaker 8:

Well, in terms of helping people move from an awakening into embracing, this is an easy tool. If I'm talking to Lizzy about how I'm majorly over busy and can't get caught up and don't know how to get everything done, that I need to get done, and I'm feeling stressed. Lizzy can say, oh, let's talk to that persona. Who is that, that gets dizzy like that?

Speaker 8:

You might want to start with, I've always appreciated how much energy you have and how much you get done, so that the person doesn't feel like the interview is a criticism, right?

Speaker 8:

That's the hardest piece of coaching over and over again is, we're trained that change and evolution is criticism, as opposed to a possibility for even wider limitless joy, right? So it's a retraining, all the way through.

Speaker 8:

I'm going to laughing at myself, because I just told you that Donna-do-it-all wants to play. And yet, we have this time of course, that I want for today. So I'm thinking, maybe I should skip the play and we should just go to the next tool, right? And that's what Donna-do-it-all does.

Speaker 8:

But we do know that, especially in embracing, the power of creative play in healing is exponential. And it is easy to get very serious in embracing, serious about our family and our history and our patterns and our story and our personas, that are so difficult.

Speaker 8:

We are in fact, a liquid system, as you all know, and we need to be flowing, like water. Water has to flow, or it gets blocked. So playful movement is what takes us directly to joy. 20 minutes of movement elevates the nitric oxide in the body for 24 hours. 20 minutes of movement for 24 hours.

Speaker 8:

Nitric oxide is the Uber transmitter in the body. It releases all the beta endorphins, right? Prolactin and oxytocin, serotonin, dopamine, all those feel good allies in the body. That's what nitric oxide releases. 20 minutes, and you have 24 hours of elevated release of those feel good allies. So it's a huge thing.

Speaker 8:

And to get your clients to play seems scary, seems risky. It's much easier in person, but I had a really high powered corporate client whose favorite thing in the whole world was playing follow the leader. It's like he hadn't been able to play anything for 25 years at all. Suddenly he took all these games that we were playing. And I gave him meaning, why we were playing them, home to his children and started playing with his children. His relationship with his children changed, his relationship with his wife changed.

Speaker 8:

Sometimes things that seem very silly or playful or not heavy enough or not deep enough, are way more effective. The other thing that playful movement does is it actually prompts neuron growth. And we are all about changing that neural structure of the brain. That's how we break up patterns. So it actually increases your brain mass and actually enhances your cognitive processing.

Speaker 8:

This stuff is established by research now, and we have experienced this in turning the wheel over and over and over and over again, where play brought intelligence into groups that teachers assumed didn't have any.

Speaker 8:

So yeah, just viewing our life as a series of playful movement improvisations. That's what Donna-do-a-lot wants.

Speaker 8:

Let's go play a game in two groups.

Speaker 8:

All right. So some of you already know how to play this, but it's called five things, and we'll play it in three groups of four.

Speaker 8:

What it is, is you get your feet tapping on the floor, tap, tap, tap, tap – and you're tapping your thighs gently, right? That's the movement.

Speaker 8:

I say... Lulu, would you demo this with me really quick? You don't even have to stand up if you don't want to, but okay. Lulu five things on your bedroom floor.

Lulu:

A stuffed animal.

Speaker 8:

One.

Lulu:

A pillow.

Speaker 8:

Two.

Lulu:

A candy wrapper.

Speaker 8:

Three.

Lulu:

A thermometer.

Speaker 8:

Four.

Lulu:

And a quartz crystal.

Speaker 8:

Five. We have five things, ho.

Speaker 8:

Okay. That's the game. You want to really affirm your person that's going, and it'll be slightly off time because of Zoom, but with a big one, two, three, four, five and then altogether at the end, we have five things, ho.

Speaker 8:

So we're going to do five things you love, just to focus on that. Could be things you love about the earth, about yourself, about your body, about your family, your pets, your children, anything you love. The reason I want to make it really broad is because you notice, Lulu just let something spontaneously come out. That's what you want.

Lulu:

None of that was true. None of that was true.

Speaker 8:

Right. What we're looking for is, opening up the spontaneous brain even more and embodying spontaneity. So it doesn't matter if I say five things I love, I could say ears, I could say corn. It doesn't matter what I say. The main thing is just keep it going. Just say whatever pops in spontaneously and affirm each other big time. Okay. All right. We're just going to do five minutes, so you have to keep it moving.

Speaker 8:

We just have time to do one more tool and then I will write this tool up for you and put it in the notebook so that you can have it written down. An attitude breathing technique, is what the HeartMath people call it.

Speaker 8:

We're just going to do this all together pretty quickly, because of the time. And then, you can continue on with it over the next two weeks. Yeah.

Speaker 8:

I really want to encourage you to hang out in the notebook. There's a ton of information there about witnessing and all kinds of things that will really help for you in the journaling questions and the art project. I know Holly and Lulu, some of you did the art. The vision cards are really, really incredibly important. There's something you want to do enough that you'd be able to do them with a client.

Speaker 8:

It's all work to do at home. We don't like to call it homework, but work to do in between. You'll get so much more if you go there.

Speaker 8:

All right. So just think of something from all that you've done tonight, an attitude, same as a persona, only a little different. Something you're just ready to replace. If I go back to when I said, if my attitude is that I don't know if I can provide enough value in the time we have, right? I want to replace that attitude with, the universe is with me and in charge and exactly what's supposed to happen will happen, okay?

Speaker 8:

So think of something that has been kind of a cranky moment about yourself or your day, and maybe it came up in your persona and just change it, make a positive mantra that you can insert in this heart technique. You know what you want to let go of and you know what you want to insert.

Speaker 8:

And then, just go ahead and put your hand on your heart. And whatever comes up now will be fine too. We always start the heart techniques the same. And these are really powerful for people, because what

we're doing is helping them create a congruent heartbeat and a congruent heartbeat opens the blood vessels, releases stress and allows the body to restore itself.

Speaker 8:

So breathing in through the hands and out through the hands, we want to fill up that heart with everything feel good that we possibly can. Things you're grateful for, things you love, people you love, people who love you, ways that you love your life, energies about yourself that you love, things about your body that you love, just filling your heart with every positive thought you can and breathing that in through the heart and out through the heart.

Speaker 8:

So if you feel the breath heading up into the frontal lobe, then drop it right back down into your heart.

Speaker 8:

And then, just start dropping in the mantra that you came up with. So yeah, just whatever it is, that was your replacement attitude. I'm partnering with the universe and everything will happen that needs to happen.

Speaker 8:

I'm going to mute myself so I can do it with you. Just say that many times and feel it dropping into your heart, right into your breath. Like catch happiness, where it's just like soft, gentle, flowing rain drops coming right down into your heart with this new attitude, new way of viewing it, over and over. Changing the word emphasis, moving your body around while you're saying it, rubbing your heart, whatever feels good to you.

Speaker 8:

And then, just staying in that state that you're in, let your hands come down to your belly and just let your hands feel your belly breathing. As you breathe in your belly comes out into your hands, and as you breathe out, your belly goes back to a more neutral place. Just breathing gently, not forcing it, not having to have a long breath, or short breaths. Play with it however you want, just activating the belly, knowing the belly brain.

Speaker 8:

And then, let one hand come back to your heart and connect that heart and belly up, the deep knowing, the gut knowing, the core knowing, the little gossamer threads connecting it to the heart knowing. The heart only has one to prayer and that's for wholeness and peace.

Speaker 8:

We'll let that wholeness and peace prayer connect to that gut part of you. And just for a moment, allow everything to be just as it is. Let go of all these constructed identities and personas. Let them all just float away for a moment. Wanting nothing, needing nothing, letting go of the future of knowing anything.

Speaker 8:

Just rest for a couple of minutes, deeply into the perfect love of the universe, allowing your whole body, your cells, your bones, your breath, your blood to drop really gently and deeply into that perfect love. And just rest there, restore there, nurturing yourself. Perfect love of the universe surrounding you.

Speaker 8:

Just one more moment of resting it just a little deeper. Letting go, letting go, resting.

Speaker 8:

Very, very slowly, just blink your eyes open as you're ready and just see each other. Just let your eyes wander through the screen as you're ready and bring all that perfect love to each other. Feel how it surrounds your body. It radiates out to other bodies. Yeah, just smiling at each other, noticing each other. You might even be able to make eye-to-eye contact with somebody and not even know you're doing it.

Speaker 8:

Just feeling our gratitude for this incredibly willing, fun, playful openhearted community that's come together. I'm feeling grateful for that, for sure.

Speaker 8:

Any chance you get, just put your hand on your heart and your belly and begin to breathe and just allow everything to be as it is for one minute. Just even minute, and you'll feel your energy rise and come back to a moment with renewed resources. Yes?

Speaker 8:

All right, everybody. So why don't we unmute and send love to each other, get all our voices in and we'll see you all Thursday. We're going to do a F-A-C-T process Thursday. F-A-C-T is in your notebook, if you want to look ahead. All right. Love, love, love...

PART 4 OF 4 ENDS [01:32:40]