

VCA Coach Gym:

Lounge of Why vs. House of Now

3 people total: 1 coach, 1 client, 1 witness -Total time per person is 15 mins

(Witness set timer for 5 mins for story only, rest of 10 mins is body experiencing, everyone switches after 15 mins, witness in each round manages time)

1. Coach asks the client: “When you consider (what's next in building your career as a relationship leader/coach) what feeling comes up for you?” (1 minute only)
2. Coach: Ask them “Why do you think you are feeling this?” Be fascinated with their story!

Consciously invite them into the “Lounge of Why” (the story about the feeling) build rapport, as client needs to be heard, witnessed & understood in order to trust & follow your lead (3-5 min max)

Notice what it's like to listen to their feeling-avoidance-story (observe any reasons, explanation, justifications, blame, shame of self or others - notice how the story is often an escape from feelings, but don't make it wrong!

3. Client: Notice what it's like to share your STORY (as you speak, observe any reasons, explanations, justification, blame, shame to self /other and how seductive & comforting it is to hang out here in the Lounge of Why). Notice how your body feels as you tell your story, does it get more amped up or less or both.

***IMPORTANT:** Witnesses must time this story-telling part for 5 mins max, 5 MINS ONLY, use a loud sound alarm so everyone can hear the alarm going off!

4. Coach: After alarm, tell the client something like this: “Now we're going to close your eyes and turn inwards and attend to the physiological counterpart of this feeling, scan through the physical sensations happening inside your body, notice

the strongest one.”

5. Map & Calibrate Sensations

Inquire about the strongest sensation’s -location, color, texture, have them calibrate X/10 intensity.

Invite them to use creative metaphors to describe the area of strongest sensation, no need to be exact, just go for feeling-sense.

The point of this metaphoring is to create a make-busy-project for the mind to “do”...which pulls it out of the avoidance loop AND leaves our consciousness free to attend to the current experience of the moment -via the body.

6. Clean Out What’s Not Your Energy

If it’s a very strong sensation (>5/10) ask client to breathe deeply and give that feeling/ energy permission to leave their body and take up space outside of them, let the “feeling” expand into the room (it can flow out in any direction: up, down, front, back), or can drain into the ground.

7. Occupy Self w/ Favorite Color Lifeforce

Finally, invite them to fill in any internal gaps left with their own life force, their own chi, their own favorite color.

8. Coach: After (cleaning out of what’s not native feelings), ask the client: "Are there any sensations left in that area now?"

Have them recalibrate sensations in that same area & check for change in intensity (X/10) after this release (of someone else's energy/ thought/ expectations/ feelings)

If the sensations seem mostly processed, have the client wire in a new future with this question: “What’s possible for you in this area now?”

If however some sensations are left, have them send loving awareness to that area. Ask the client to interview those sensations with curious reverence: “What are you trying to show me, teach me?”

Listen with curiosity and presence. True insight from body always sounds like a profound truth from a LOVING GURU OR ZEN MASTER (anything judgey is external programming from the past speaking, not current body wisdom)

Help clients climb into the present moment by accessing the cutting edge info from their own body trying to come through in the “code language” of the unconscious (physical sensations).

Support them in decoding it for themselves. Wiring in the wisdom of the body sensations as a developmental insight to be honored going forward.