

# **The House of Now: Transforming Stories Through Somatic Awareness**

## **Quick recap**

Annie led a discussion on the distinction between physical sensations and the stories we tell about those sensations, introducing concepts like the "House of Now" and "Lounge of Why" to help people recognize and trust bodily sensations over narratives, particularly in leadership and coaching contexts. Through a coaching session with Sarah-Jane, Annie demonstrated how to identify and release limiting beliefs about achieving one's dreams by scanning and releasing physical sensations, resulting in a significant reduction in emotional intensity. The session concluded with practical applications of Annie's coaching method, including working with an anxious dog client and exploring the spiritual and energetic aspects of animal coaching, while emphasizing the importance of balancing intellectual reframing with somatic awareness.

## **Summary**

### **Trusting Bodily Sensations Over Narratives**

Annie led a discussion on the distinction between physical sensations and the stories we tell about those sensations, introducing the concepts of the "House of Now" and the "Lounge of Why." She emphasized the importance of recognizing and trusting bodily sensations over narratives, particularly in leadership and coaching contexts. Annie demonstrated this concept through a coaching session with Sarah-Jane, exploring her fears about achieving her dreams, and encouraged the group to practice distinguishing between the two states.

## **Limiting Beliefs Release Coaching**

Annie guided Sarah-Jane through a coaching exercise focused on identifying and releasing limiting beliefs about achieving one's dreams. By scanning and releasing physical sensations associated with these beliefs, Sarah-Jane reduced her emotional intensity from an 8 to a 3, leading to a profound realization about trusting her unique vision. The session concluded with Sarah-Jane sharing how she successfully applied the same technique with an anxious dog client, demonstrating the practical application of Annie's coaching method.

## **Animal Coaching Techniques and Progress**

Sarah-Jane shared her progress with a dog client who has improved from an 8 to a 4 out of 10, with the client's mother joining for coaching. Annie discussed the spiritual and energetic aspects of working with animals and shared a coaching procedure involving guided internal inquiry, which she demonstrated with Sarah-Jane. The group was instructed to practice this method in pairs, with each pair consisting of a coach and a client, focusing on directing attention to new data sources and tracking body sensations.

## **Balancing Mind and Somatic Awareness**

Annie discussed the importance of balancing intellectual reframing with somatic awareness in coaching. She explained that while intellectual reframing can keep the mind busy, true transformation requires engaging with the body's sensations and energy. Annie introduced the concepts of the "House of Now" and the "Lounge of Y" to describe different states of consciousness. She emphasized that while understanding why something is difficult (the Lounge of Y) can be useful after transformation, avoiding the present moment (the House of Now) through stories and beliefs is a common dodge that coaches need to help clients overcome.