

# Feeling GYM:

**1st step:** Find the location of feeling in the body, calibrate feeling X/10

**2nd step:** Allow overwhelming feelings to float out of the body, clean out what's not yours

**3rd step:** Regulate, consciously ground to calm & generate safety in CNS (resourcing)

**4th Step:** Scan inner body for most salient sensations, hang out, interview, love on them

**5th Step:** Interview sensations for wisdom/ breakthrough insight

## *Coach to client:*

**1/ Coach to client:** “Think about an issue that you really want shifted in your life” (<6/10)

The client’s job is NOT to tell the coach anything about their story/ issue at all. Only to track their own inner feelings they have about the issue, silently.

Coach asks client: “Are there any feelings around this that are wanting to be attended to?” Client & coach work to focus on inner feelings, NOT outer story/ explanation/ context.

We’re trying to do some magic coaching w/o any story whatsoever.

**2/ Inner Scan:** Have the client close their eyes and scan their inner body, ask them:

“As you think of this issue, where are the most salient sensations in your body -what shape, color, texture, location, motion?” Calibrate X/10

**3/ Release:** Ask client to open their body and allow any aspects of that feeling energy to float out of their body and take up space outside them in the room...that's all the energy that wasn't theirs and needs to go back to their owners, give permission for that energy/feeling/ expectation/ obligation/ shame to float out through a door or window up to the sky and return home to its owner (no need to know whose it is). Then invite the client to fill their body with their own light energy/ life force, or their favorite color. Have their life force fill in the gaps left as the energy from others floats out of them

**4/ Honor & Interview:** Calibrate client sensations X/10, Then ask client to: “Send ‘reverential curiosity’ to that specific area of your body where you feel the most internal sensations (as you think about this issue)”. Have them relate to that area of their body as if the feeling is a guru or zen master, and have client ask that body area “What are you trying to show me, what are you trying to teach me, I’m listening”....see if any profound words, simple message, visual image, epiphany arises (body wisdom will always sound loving and clairvoyant). This message is the client's next most important growth step to practice for success in all areas of their life, and help them integrate the message.

If no message arises, have the client continue to be with, honor and attend to the sensations in their body so it gets the attention it needs. This alone is VERY healing & will reduce the sensation of tension.