

Mindset Mastery VI

An exploration of Self-Coaching

Lesson #2

CLASS GUIDELINES

1. I will be in a quiet place, using a high-quality headset. I will avoid distractions.
2. I will participate fully. All of my attention will be on the class.
3. I will be alone to protect the privacy of other participants and to create a safe, sacred space.
4. I will do my best to be present and on time to every class.
5. I agree to have my lesson in front of me, **PRINTED ON PAPER**, with a pen handy.
6. I understand that my role in the class is as the student.
7. I will laser my speaking.
8. I will refrain from marketing my product or service to fellow participants until two weeks after the last class.
9. I will refrain from alcohol and mind-altering drugs during class calls.
10. I understand hostility of any kind toward another person, including Dawnmarie, will not be tolerated.
11. I will not mention or discuss politics in class, with the exception of how they may pertain directly to my issues and healing.
12. I understand that Dawnmarie is a mandated reporter. If I tell her I have abused a minor or an elderly person, that I am going to harm myself or another physically or sexually, or that I am going to commit suicide or murder, she must, and will, report these facts to the appropriate authorities. I further understand that If I am in her physical presence when I make these statements, she must contain me and send for the Psychiatric Emergency Team to assist. If I tell Dawnmarie that I am depressed she must send me for a referral from the appropriate physician.

ARE YOU TEACHABLE?

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WHO SHOULD YOU LISTEN TO?

Listen to those who have what you want.

- Do what they tell you to do.
- Follow the recipe the way they tell you to do it.

TO LEARN YOU MUST BE TEACHABLE OR COACHABLE/CHANGEABLE.

Evidence that you are willing to learn;

You will invest your:

- Time
- Money
- Energy

If you are truly teachable you will be

Humble, Submissive, and Obedient

These are not popular words, but they are required if you are going to be successful with your goals. When properly demonstrated at the **right time, to the right person, for the right reason**, these words and attitudes can change your life in magical ways.

Either you choose what/who you are going to be humble, submissive, and obedient to, or the universe will decide for you. As a result, you will often find yourself under someone else's thumb. Certainly, you will FEEL that you are under someone else's thumb, even if that is not the case.

Skill #3 Holding Space

Holding space is more than passive silent observation. It is the practice of actively paying attention and honoring the person sharing, with deep listening, seeing their loving spirit, and sending loving energy for the purpose of healing and growth.

When holding space is offered and extended with acceptance, neutrality, and non-judgment, the sharer is free to explore and express with real vulnerability.

Sometimes all that is needed for deep healing is a loving witness who understands the power of holding space and the safety that is created with this practice. However, while beneficial, it is not necessary to have another person present.

You are developing the skill of self-counseling which teaches you the ability to be in all three roles of counselor, sharer, and N.O. inside of yourself. Remember, your subconscious acts like a second person. You can hold space for yourself and approach your own healing with compassion and love.

Also, your subconscious mind does not know the difference between watching something happen and having it happen to you. Therefore, it is important to pay attention and hold space as the Neutral Observer.

Skill #4 Seeing the Loving Spirit

Inside of you is a loving spirit, and its nature is just that, love. The more you look for love in yourself and others, the easier it will be to see it, and the more loving you will become. In this way, the **LOVING THAT YOU ARE** will be front and center, dictating your behavior, decisions, and your life.

Focusing on the *loving* inside of each person, including yourself, you will be able to have more compassion and neutrality.

Being seen and acknowledged for who and what we are at the core is often enough to heal wounds that have lingered.

Skill #5 Prizing

Prizing is the act of extending a verbal expression of the loving spirit you see in others. This helps identify, reinforce and strengthen the loving spirit inside the sharer.

There is power in feeling seen and safe in a supportive, non-judgmental space. This allows the sharer the freedom to explore and express more deeply.

Deep listening will help you see the loving spirit and know what and how to prize the sharer.

Examples:

- I can see how much you love your mother and how deeply you want to heal this part of your relationship.
- Did you notice that even though you felt so hurt, you still hold kind energy towards your friend.
- How wise of you to offer compassion _____.

Look for these sparks of magic in your partner... They are inside of you too!

Trio Order

Round 1

Sharer	Tammy
Coach	Billy
N.O.	Kim

Round 2

Sharer	Billy
Coach	Kim
N.O.	Tammy

Round 3

Sharer	Kim
Coach	Tammy
N.O.	Billy

Order of next roles:

- **Sharer** always becomes an N.O. (Neutral Observer)
- **N.O.** becomes Coach
- **Coach** becomes Sharer

Trio #4 Holding Space, Seeing the Loving Spirit, and Prizing

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Skills used

Silence

Deep Listening

Holding Space

Seeing the loving Spirit

Prizing

Timing

5/2/5

- **N.O.** - Focus your attention on the trio. Actively and silently send the sharer compassion and love. *Remember*, your role is important!
- **Coach** - Focus all of your attention on the sharer. Silently send them compassion and love.
- Invite your partner to share by saying something like this...
Please share with me something that has meaning for you.
- Allow for reflection by holding silence. Listen for the deeper meaning in what's being communicated by using Deep Listening. Hold space. Look for their loving spirit. When appropriate practice the skill of Prizing.
- **Feedback** is for *all three partners* to share what they experienced in all three roles. Feedback will be after all three rounds have ended.

Homework

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Do this assignment at least 3 times in the next week.

You might want to light a candle or play some soft music. It could also be beneficial to have some paper and pen to jot down a statement that is particularly meaningful for you. But it is most important to say them out loud.

Say a minimum of 5 different Prizing statements in each session.

- Silently and lovingly ask your higher self to Prize your loving Spirit or nature.
- Hold silence to allow reflection and for the answers to come forward from your heart and not your head.
- Here are some examples of Prizing statements. Be sure to use your name. Say them out loud.
 - Your name, it is very clear how much you care about healing.
 - Your name, I want to acknowledge how much you've allowed yourself to soften and be more feminine through the years. It's beautiful.

