



Sacred Depths

COACH CERTIFICATION

The Energetics of New Things

New Things: New relationship, new marketing strategy, new house, new way of being in the world, new commitment, new program, new creative project. **Any new project or goal or idea.**

New Things have a distinct energy, and the more you can understand the energy of New Things as a coach, the better you'll be able to help navigate clients through new projects, new commitments and new actions, the more their projects and actions will flow.

Ideally, when a client is starting something new, you want to help cultivate a sense of excitement, inspiration, energy, curiosity, openness to try New Things.

What can get in the way of your clients Starting New Things – and What to Do

1) Visioning, Initiation & Planting Start in the Dark

- Early Spring is still Wintery.
- Dawn is still darkish grey.
- When we plant seeds into the ground, we don't do so into the light but into dark soil.
- Babies are partially blind when they are first born, and they certainly don't have all of their faculties and resources yet.
- In other words, we almost *always* begin the mystery. The mystery is exciting but it can also be very scary: We can't totally see, we don't know how, we don't trust the clarity will come, we don't trust it will work, we can't even totally see HOW it will work. All of this can lead to client resistance around starting New Things.
- Coaching Tip: What's most important for your work with clients who get caught in this fear: Help Create Awareness around this block and obstacle, and help clients get comfortable with – and even excited – about starting in the dark.
- Journaling for you to go deeper:
 - o Think of a situation where you started something, and it was still partially in the dark or the mystery: What happened? What do you notice as you look back on it now?

- Start journaling with the following statement, and write as fast as you can without stopping for at least 3 minutes: “Starting in the dark feels like . . . ”
- List out some bullet points of wisdom that would support your clients who have a fear of Starting when they aren’t in full clarity or understanding.

2) “It hasn’t worked before . . . so it won’t work now”.

“It hasn’t worked before . . . so it won’t work now” is a very common limiting belief that can come up for clients as they step into a new project or vision. For example:

- “I’ve tried to lose weight before and it didn’t work . . . so it won’t work now.”
- I’ve tried to find a romantic relationship before and it has always failed . . . so it will definitely fail now”.
- “I’ve taught a preview workshop before, and no one became a client . . . so I won’t get any clients this time.”
- Coaching Tips:
 - Help client become aware that this limiting belief is in her way (sometimes clients simply resist New Things, but aren’t yet aware of what the obstacle is)
 - Support client to explore how this New Thing has the potential to be different and more successful.
 - Questions you might want to ask:
 - What learnings about this task do you have now that you didn’t have before?
 - What resources (inner and outer) do you have that will help you with this task?
 - How are you different than the last time you worked toward this?
 - Why is NOW the exact, right divine time for this to come to fruition?
 - How can I help you be more successful this time around? What do you need from me?
 - Create Awareness for client about what it takes to get things done.
 - It’s normal for things to not work the first time (normalize her experience).
 - “In my experience, here’s what’s required to achieve this goal . . .”.
 - Reconnect client back to her WHY for the task/project/vision.
 - Support your client to make her WHY (her deepest reason for desiring the vision) bigger than her limiting belief.
- Journaling for you to go deeper:
 - Start Journaling with the following statement, and write as fast as you can without stopping for at least 3 minutes: “I start again because . . .”
 - Make a list of clients who have been hesitating, stalling, self-sabotaging or not being willing to move forward because of a possible fear of “It hasn’t worked before . . .”; What would you like to say to those clients?

3) Starting Something New Often Means Letting Go of Something Old

- New Things are exciting and shiny . . . but often require the challenging work of letting go of the old vision, the old relationship, the old project, etc. Clients often don't realize they get stuck in this.
- Later in Sacred Depths we'll do a full training on Releasing and Letting Go, but for now:
 - o What are some projects/visions you've put off because you've consciously or unwittingly been too attached and devoted to projects and visions that no longer serve?
 - o Make a list of clients or friends or family members who haven't started New Things because they are caught up in and devoted to stale, old things. What type of Awareness would you like to create for them?

4) New Things Require the Energy of Our Elevated Inner Child or Maiden Selves

- Qualities of the Elevated Inner Child or Maiden include:
 - o Open
 - o Excited
 - o Curious & seeing the WONDER in all New Things
 - o Not attached to outcome
 - o Willing to laugh at their own mistakes and continue on
 - o Filled with pure energy
 - o No expectation of Perfection
 - o Unjaded
 - o Looking for fun
- What would be different for you and your projects/visions if you had full access to the qualities of the Elevated Inner Child/Maiden?
- What would be different for your clients if they had full access to these qualities?
 - o Clients are often disconnected from their Inner Child or Maiden. This part of themselves has been buried under history.
 - o The more you work on connecting to your own Inner Child or Maiden, the easier it is to support clients to do so.
- Coaching tips:
 - o On a scale of 1-10, how much access do you have to your Inner Child?
 - o What are the specific moments of history that your Inner Child are buried under?
 - o What does your Inner Child want you to know about this new project?
 - o How can you bring your Inner Child more fully present into this new project?