

Coach's Script-First Step

What follows is a "Coach's Instruction" that may be used for working in teams on this Step. Note: It is important that the setup, the introduction on this coaching session, has already occurred. That is to say, the coach and the participant may want some mutual clarity and agreement on some of the ideas covered in the book, particularly in **How All This Stuff Works**. This would be helpful in getting the mind quieted. If the participant is trying to figure out the basics of the program—like "everything is energy" and all the related material—he or she may be too busy in the mind to really get it.

- Resolving the energy of unresolved emotional pain
Feeling into the feeling...Allowing it to be

Coach's script. Suggested dialogues for the coach are italicized. Be comfortable with your own words, if you will. Parenthetical entries () are notes for the coach.

(First sit quietly, face-to-face with the participant. Tell her/him the following)

- *Feeling into the feeling is allowing your Pure Awareness to go into the center of the energy of whatever feeling that you bring up on your operating system. You just allow that energy to be and feel it completely. Here's how we do this one.*
- *Notice that you are breathing (pause—take the participant into some slow deep breaths, asking him/her to focus on each inhale and exhale). Now,*
- *Think of something, a story, that brings a "charge" to your system, your body...a piece of energy that is unresolved emotional pain (Note: You may want to give the person a **brief example** of something that once "charged" you. You then want the participant to share just enough of his or her story to make the Emotional feeling clear. Then stop the story! You do not need more. It's not psychoanalysis.)*
- *Do you know where in your body it is? Can you point to it? (after the location is clear) Please close your eyes and keep them closed until we're through. I'll let you know when we are through.*
- **You will not be touched!** *Since some 82% of your sensory input is gone when you close your eyes, it's important to know whether you will be touched. Notice that you are*

thinking and that you can hear my voice and feel the objects that you are touching. (wait a moment or two.)

- **Breathe. Breathe** again. (Take your time.)
- Now, think again of the story that brings that energy into your body. (Most of the time, this unresolved pain is somewhere in the torso between the throat and the solar plexus. It could, however, be elsewhere.) This is an energy that you have avoided feeling, thinking that it is too much for you to handle. You know where it is. Point to it again, please. (**Wait.** Go slowly with lots of pauses.)
- Now, put the thought behind you. Using just your Pure Awareness, not your thoughts, find the location of the most intense part of the emotion...the energy.

- Using only your Pure Awareness and keeping the thought behind you, **go into** that most intense part. When you have taken your awareness into the center of the energy, just stay there and **feel** the energy until it is fully felt. (Wait) If it seems to move around, stay with it. If it becomes smaller, always go to the center. (Wait.)
- (Should some emotional block such as tears appear, say) If you find yourself getting emotional about the energy, you are "banging around the edges," thinking about the story. Put the thought behind you, and gently return to the center of the most intense part of the feeling. Take your time. **Breathe.** (Wait.)
- Bring your Pure Awareness into the **center** and **feel** the energy. That is all that the energy has needed since **you** put it into the system. . . Feel me!
- You may find that when the energy is fully felt, it has dissipated until it is no longer there. There is **nothing left to feel!** That unresolved pain is gone. Be aware that the energy may not be completely gone. **Don't try to force an outcome.** Just go to where the energy is, and do it again. Tell me when it is no longer there. (Wait.)
- How's it going in there? (Wait.) Is it gone? (Wait. When the participant says that it is gone, tell him/her)
- Please keep your eyes closed for just a bit longer. Look around the whole area with your awareness to make sure that there are no dust bunnies or scraps of energy lingering around the area. If there are dust bunnies, suck them up

and feel them. Tell me when it's clear. (Wait until the participant says it's all clear.)

- Open your eyes. Good! That piece of emotional energy that in the past had controlled you is gone because you have fully felt it. It can **never return!** We all need to be clear on this; we are the only ones who can delete our viruses. Do this and do it often.*