



# What we're up to



### Pulse Check



### Saying What Is Focus



Frictors to Saying What Is



What to Call – Desire



The Comparison Trap



A hunka hunka of burning desire



#### **Pulse Check**



What passion has been released or connected with?
How is passion affecting your life?

> What part does passion play in your work with your clients?

# Saying What Is

- ≻Clear
- ≻Clean
- ≻Timely
- ≻Truthful
- ➢Relevant
- ≻Respectful
- Without Judgment
- From a place of 'ownership'
- Charge neutral in emotion, tone, volume
- >Has no hidden agenda, it is absent of persuasion
- >Unburdened by concepts, jargon, mysterious notions or beliefs



### Frictory

### Key Frictors to Saying What Is:

Hungers – hidden forces that compel us to feed our cravings for emotional food (similar to Maslow needs)
For Attention, recognition, power, control, love, acceptance
Being wanted, valued, important, needed or noticed
Feeling Safe, secure, stable, belonging, connected

Identifications – with roles, titles, history, sense of self

Fear – of future consequences such as people being upset, not being liked, being ostracized, left alone



#### The tools for subtraction



GAP



Feeling into the Core of the Most Intense Part of the Energy of the Feeling

CORE



WAIT



SEE



SANYAMA

# What to Call - Desire

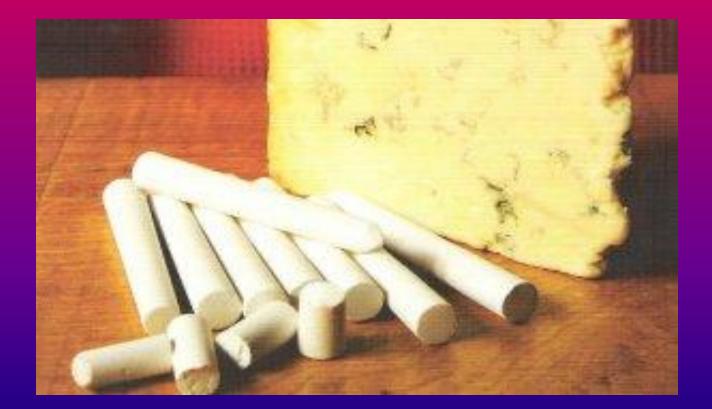
#### Desire is synonymous with and yet distinct from:

Want = lack, often although not always...'heady'
Wish = fantasy and abdication of participation
Need = illusion of not being whole
Hope for = would like to have happen but not committed to action about it

Desire is deep, compelling and the coals of the fire that is expressed as Passion

## Comparison trap

#### Comparison trap = Constant Win/lose experience



# The Comparison Trap

The Comparison Trap occurs when people attempt to measure themselves against the circumstantial evidence of another. On any given day that will look either:



The Key is simply to honor one's uniqueness, passion, desire as their own and therefore already of value, without comparison







### The client is

...filled with deep desires that are honored when we call them forth to be experienced