



ELEMENTAL RHYTHM

Elemental Rhythm Breathwork Integration Coaching Program



TABLE OF CONTENTS

- 1. Intention**
- 2. Program Outline**

COACHING PRINCIPLES

- 3. Coach Objectives**
- 4. Coaching Basics**
 - a. Advice**
 - b. The Right Questions**
 - c. Active Listening (Note Taking)**
 - d. 80/20**
 - e. Holding Space**
 - f. Accountability - Recap, Follow Up, Action Steps**
 - g. Holding Space and Intuitive Guidance**
 - h. Accountability - Recap, Follow Up, Action Steps**
 - i. Reminding the client of their Innate Powers**
 - j. Coach Code of Conduct (Refer to Appendix A)**
- 5. The 10 General Principles of Coaching**
- 6. Commitment**

THE BREATHWORK INTEGRATION PROCESS

- 7. How to Approach 1 on 1 session**
- 8. Client Intake Process - discovery call vs full intake**
- 9. Client Objectives**
- 10. Creative Visioning Process**
- 11. What Breathwork Style to Use**
- 12. Additional Key Components**



THE MINDWORK PROCESS

13. Reprogramming - Subconscious Mind Basics

- a. What is the subconscious mind?
- b. How Your Subconscious Mind Affects You & Why It Matters?
- c. The Subconscious Mind's Acquiring Programs
- d. The Language of Subconscious Mind is Emotion and Imagery
- e. How long does it take to reprogram the Subconscious Mind?
- f. The Ironic Processing Theory
- g. There are no such thing as Idle Thoughts

14. Breathwork Integration Coaching Outline

15. The Mindwork Technique- 5 Step Process

- a. Isolate the challenge
- b. Identify what you need to change
- c. Feel the change
- d. Taking Action
- e. Anchoring In
- f. Integration

16. BTEA

17. Core Wounds & Beliefs

18. Exploring Needs

19. Training Overview

APPENDIX

- a. Code of Conduct
- b. Intake Form
- c. Breathwork Questionnaire
- d. Breath Awareness Meditation
- e. Creative Visioning Process
- f. Core Wounds & Beliefs
- g. Major Emotions and Opposites
- h. Needs



Breathwork Integration Coaching Program

1. Intention

The Intention of this training course is to give the certified instructor tools to help bring awareness to mental and emotional blocks (on the surface and in the subconscious mind) and give a step by step program to help the client have their own realizations in order to create long lasting changes.

Many clients that have participated in our single sessions have had the desire to go deeper, so we created these tools in collaboration with Thais Gibson, founder of the Personal Development School, to help those clients achieve incredible results. We also wanted to provide the coaches with basic coaching tools and etiquette to again provide the best results for both them as coaches and in turn those they serve.

There are a few key pillar that make this style of coaching so effective:

1. Improved Breathing - improving breathing mechanics and awareness to everyday breathing will help improv all aspects of life (mental, physical, emotional and even spiritual)
2. Guided Breathwork
3. Subconscious Reprogramming
4. Intuitive Coaching
5. Accountability and Integration

As we work with clients we will meet them where they are, we will help them to unlock and heal limiting beliefs and core wounds from their past, help them to have a clear path forward to create their own future and ultimately show them and empower them to live their life in the present moment feeling fulfilled, happy and inspired!

2. Program Outline

The following program can be used for 1 on 1 clients, in a day or weekend workshop or in a group learning session in person or online.

Once certified each facilitator will be able to:

- a. Created a specific program for a client to help them work through various aspects of their life.
- b. Effectively coach an individual or small group through breathwork based reprogramming techniques.
- c. Empower their clients to help themselves and transform old patterns.



By Completing Level 2 Training in addition to learning all of the foundation coaching principles and ethics you will have all the skills necessary to bring a client through the following 5 pillar MINDWORK process.

- 1) **Uncovering the Root** - Guided Breathwork Session with Reprogramming Processes
- 2) **Exploring the experience** - Coaching Session - active listening, intuitive questioning, challenging beliefs and digging deeper
- 3) **Integration Conversation** - creating a plan for the week ahead or between sessions
- 4) **Accountability Tools** - giving tools to help keep client accountable including online resources, and breathing fundamentals
- 5) **Follow up Assessment** - Exploring the integration week prior to next session to see what has come up and what direction to take the next session

COACHING PRINCIPLES

3. Coach Objectives

It's important once you are starting to work with a client or are starting to take them on that you get very clear on what your role is as a coach and instructor. **You are there to lead them through a process that will help them unlock deeper insights and new awareness, whereby they will have the tools to create long lasting change.** Also you will help them create self accountability processes to do the work and support them through it. We will suggest coaching styles for you but ultimately you need to step into your own power and style as a coach that your clientele and students will resonate with.

Some of the keys to being an effective coach would be an amazing listener, holding clients accountable and being present in all the sessions.

4. Coaching Basics

a. Confidentiality

Although we are not governed by any association or board we must uphold or maintain confidentiality at all times. Things that come up in sessions may be personal, and could potentially cause ill effects if shared publicly, we shall have an oath to not publicly disclose anything shared within your sessions with the client UNLESS there is a legal or moral obligation*

Creating a safe container for the client to open up in is important and this is built over time. Usually with this type of breathwork, bonds are formed fairly quickly and a lot of barriers come down quite quickly. However we never want to pry or impose on people and gently inquire if they feel comfortable to share in the inspection parts of the sessions.

*In this case, it is advised to call the appropriate authorities. If your client is putting themselves or another in harm's way of harm whatsoever it is your duty to report them or ask for help in



dealing with the situation while at the same time maintaining public confidentiality and letting the authorities deal with the situation.

b. Giving Advice

At all costs with this method we will do our best to avoid giving advice in sessions. All of the interaction we will be doing will be asking the right question and allowing the client to come up with their own observations and conclusions. This is the most powerful way to transform someone when the answers come from within. If you are asked you can share what has worked for you in similar situations however we will never tell anyone what they should or should not do.

If you are combining this with another certification or training we would advise to separate the session if possible and have a clear distinction between the two. If you are unsure please reach out to discuss. We have designed the process in a specific way to achieve what we feel will be the best results for the client.

c. The Right Questions

As you become more acquainted with the methods that will be taught later in the course there will be a series of questions you can ask clients as they are in the integration part of their session. In addition to this there will be a post session integration whereas coaches we will help them to unpack more of the experience, set intentions and accountability and reflect on life.

d. Active Listening (Note Taking)

As a coach a main part of your role will be actively listening to your client. In the session there is no expectation for them to speak out loud but rather process internally all the prompts you will be offering them. You may take some notes on body language or things they said (not to interpret) but to share back with them. Once you have had your post breathing integration session you will let them know what they said/shared. You will be a mirror for them.

Although simple, this alone is a super powerful tool just to read back what the client said to you, even if it doesn't make sense at the time or they are unsure about something. The more awareness or light we can shed on the experience the more likely they are to eventually have a breakthrough or aha moment.

e. 80/20

One of my favorite rules in life is the 80/20 rule. A masterful coach will only do 20% of the talking and allow the client to express themselves only probing deeper with simple questions. Your goal is to keep the client talking and expressing and giving them feedback as to what you hear them saying. We are trying to uncover deep truths and root causes so they can create change.

Some great prompts:

Tell me more... I see... please explain further

How did you feel?

What meaning do you give this...



When was the first time you observed this pattern?
Is there a pattern of this feeling experience?
(Pause with silence)
Where does this come from?
Why do you think you are experiencing this?
Could there be something you currently don't see or are unaware of?
What do you think you can do to change this?

f. Holding Space and Intuitive Guidance

The environment in which you do your coaching is very important for setting the tone of the session. Should be clean, comfortable and decluttered (whether in person or online). You should treat it similar to the setting for a breathwork class/session as described in level 1. Your setting will also have an effect on your energy and the way you show up to a session.

Holding space also means being present, having your electronics turned off, being attentive etc. This is a practice and skill that comes with time and practice. Being warm and welcoming to your client is also important, a smile (a hug if it permits) body language all contribute to holding space.

Another aspect of holding space is finding the fine line between showing confidence in your skills and also being humble. We need to be assertive with our prompts and follow ups but not too demanding, bossy or pushy with our clients. Assertiveness is believing in them and wanting to help them succeed....at the right pace for where they are at. Tune In***

What does it mean to guide with intuition? It's a practice to develop and it is a tool that you build in and out of sessions. Quieting your mind and listening to your feelings, being objective (not letting any of your stories or perspectives get in the way) , trusting what is best for them in their current situation. This could look like just quiet space, asking specific questions, changing something on the fly or suggesting something you feel may help them. This process and training will give you a bunch of tools at your disposal but it is up to you to hone your craft and know when to use what. As you gain experience and practice being present it will become clearer and clearer as time goes on.

g. Accountability - Recap, Follow Up, Action Steps

Recapping the session - its really a powerful process to read back your notes to your client to make sure what they are saying and what you are hearing is aligned. Sometimes them just hearing back their own words can unlock a much deeper layer of awareness and perspective. You in a sense become like a mirror to them .

Again another very important aspect of coaching is how do you hold yourself and your clients accountable. Be a living example first and foremost. In regards to the client and the value you bring to them, remember most content can be found online for free today. However you provide emotional support, guidance (without giving advice), and most importantly accountability. Creating a plan for each client and helping them to be accountable will make the



difference between success and failure for most people or maybe better said as progress vs stagnancy.

h. Reminding the client of their Innate Powers

When we coach clients it is also very important to let them know that they hold the power to heal themselves. Not to give it away to a doctor, coach, guru, energy healer or anyone else other than themselves. All of these people can play an important role in support and potential healing of an individual, but the true power lies within the self. All of the innate tools and wisdom already exist within each person. The coach is here to help guide them to find their own answers and discover self empowerment.

i. Coach Code of Conduct (Refer to Appendix A)

5. The 10 General Principles of Coaching

1. **Commitment** - Maintain a commitment to support the client
 - a. Showing up consistently and on time (cancel only in case of emergency)
 - b. Being aware of coaching fatigue or boredom as you work in an ongoing relationship with the client
 - c. Being disciplined enough to stop working and communicate if you no longer feel you can fully commit to your agreement as a coach.
 - d. Clear yourself before each coaching session to be fully committed to the client. Take some time to prepare, and give space to reset anything that is going on in your life so your don't bring it into the coaching session
2. **Trust** - Build the coaching Relationship on truth, openness and trust.
 - a. Take the client into consideration at all times and always tell the truth. If you don't know something don't make it up.
 - b. There is no need to bring this up in a session as it may actually cast a seed of doubt in the client.
 - c. Ask yourself some honest questions - did you ever say anything to the client that wasn't true? Did you ever avoid talking about a subject or situation? Did you ever say anything about the client you wouldn't want them to hear? Are there any other questions you can ask yourself that may challenge their trust?
3. **Responsibility** - The client is responsible for the results they are getting. (identify and break free from Victim Mindset)
 - a. Clients are responsible for the results they achieve
 - b. Coaches are responsible to adhere to the code of conduct and show up to support clients.
 - c. Responsibility is not blame. Blame is associated with shame, guilt, suffering and more and will not help the client to feel empowered. Responsibility is about acknowledging one's influence and ability in any situation to make a change.
4. **Growth** - The client is capable of much better results than they are currently achieving
 - a. With the help of a coach the client will be capable of achieving much better results than they currently are experiencing.



- b. If you believe the client is incapable then it will completely undermine the entire coaching process. For example they are a horrible speaker and want to say a speech, and are a very nervous person and you think they will fail.
 - c. Deal with it honestly and openly with the client otherwise the integrity of the relationship will be lost.
 - d. Do you feel their goals are realistic? Achievable? Will they benefit from the results they want to achieve?
5. **Focus** - Focus on what the client thinks and experiences
 - a. Don't give your opinions or suggestions but rather focus on the clients experience and use questioning to help them see different perspectives if necessary. Your opinion should never enter the coaching conversation.
 - b. If you find yourself shifting into your own narrative, beliefs and advice quickly bring the emphasis of the conversation back to them.
 - c. Only share your own experience when appropriate and also very seldomly.
6. **Empowerment** - Clients can generate their own perfect solutions
 - a. A great coach can motivate their clients so they are fully capable of generating, and executing their own perfect solutions.
 - b. You win when your client wins.
 - c. Resist the temptation to have the answers and rather guide them to find their own perfect answers (they have them).
 - d. The best solutions come from the client and not the coach.
 - e. Your best tools are - questioning, listening, observation and reflection.
 - f. If you must offer a suggestion ask first..may I make a suggestion and see how it aligns with you? DO NOT attach to it in any way whether they like it or not.
7. **Equality** - The coaching conversation is based on equality
 - a. See your clients on an equal level, no one knows their client more than they know themselves and we want to meet them on a level of equality. We are working with them sort of like a team that is co creating a working relationship to achieve results.
 - b. When you take a position of authority even if you are sure you know better or more you may alienate the client or even give them BAD advice. This may undermine their confidence and lead to feelings of disempowerment
 - c. Equality and collaboration is the ideal coaching environment where truth can be explored openly and insights discovered.
8. **Non Judgment** - Coaching from a place of non Judgment
 - a. As Humans we have a natural tendency to judge others. As coaches we must leave any types of judgments out of your coaching experience as it will hinder your ability to coach effectively.
 - b. If you become aware of any judgements then as a coach you should look into why that might be coming up for you.
 - c. If you can't get past a judgement it will hinder your ability to be objective and be a major detriment to your ability to coach the client. An example could be a differing view on politics, health or any other divisive mindset that you are attached to or a judgement towards the person's character.



- d. Your role is not to judge the way a person lives or treats others but rather helping them to see the links between their behaviors and the results they are getting.
 - e. Don't try to convince them they are wrong but rather highlight how the behavior may be impacting the direction they want to go and the goals they have set for themselves.
 - f. Try to replace judgement with curiosity, your role is to seek to understand what the client is experiencing.
 - g. Try to bring awareness to when you feel yourself judging, this will be a lifelong process for almost all coaches (unless they are a buddhist master)
9. **Intuition** - Trust your intuition
- a. Intuitive coaching is the objective. Following the process but then letting your intuitive heart help direct the questions of the coaching conversation to help the client go deeper.
 - b. As you drop more into the intuitive flow (and stop overthinking) the right questions will emerge. This takes practice!
 - c. Intuitive coaching works best once you establish a connection with your client
10. **Neutrality** - Don't bring your own personal beliefs, stories or judgments into the session and project them on the client. Be mindful of anything they say or believe in that triggers you or change the way you guide the coaching session.
- a. Don't take anything personally.
 - b. Be conscious of how you communicate, it is an art and even sometimes unknowingly our tones or expressions may come off in a way that is not beneficial to the coaching conversation.

6. Commitment (Ours and Theirs)

Ask them what their level of commitment is and make sure that you also have a high level of commitment yourself, be punctual, always show up, have good communication of any changes etc. As a coach you agree to Share, Support, and hold them Accountable and invite them to be a part of our community for additional support (www.elementalrhythm.com)

Please create "Your Personal Coaching Commitment" letter. Date and sign it. Make sure it aligns with everything above and even elements from the code of conducts. It should include how you wish to show up, how to be a good example and whatever else you feel will be relevant in you making a deep unwavering commitment to be a great coach.

You should also get your clients to make a commitment to you and to themselves before embarking on a coaching journey with them. They can write a simple letter or you can have one drafter for them that they can sign or add to. Be creative. Keep it simple yet powerful.



THE COACHING PROCESS

7. How to Approach 1 on 1 session

Where will 1 on 1 clients come from? They can come from anywhere but most likely they will come from your group classes or referrals and if you are good you may get some through cold traffic and marketing. It is important to let people know during class and on social media that you offer these sessions and how powerful they can be. The best way to share that is through sharing testimonials.

8. Client Intake Process - discovery call vs full intake

Discovery Call - This is a short call for a new client who is thinking about learning more about their breath and themselves. It is in this call you can share all of the things that may be hindering their well being through improper breathing and also how small corrections can improve that (mainly from the fundamentals course). You will also introduce the Breathwork Integration Program by sharing stories of changes you've witnessed and experienced yourself (coming from a place of experience is very important) but remembering that there are no guarantees and the success is mainly in the hands of the client and their commitment to do the work.

Intake Call - For the Intake or initial session you will want to build rapport with the client and get some basic info. It is very important to actively listen and take notes. The more notes you can take the more prompting opportunities you will have later when you do the mindwork sessions. See **Appendix B** for the intake form outline. Feel free to adjust it to your liking)

What you want to accomplish on the intake call as we fill out the intake form.

- 1) Get information as to where they are and take the breathwork questionnaire (See **appendix C**)
- 2) Teach them about breath awareness (Breath Awareness Meditation **Appendix D**)
- 3) Try to establish or bring awareness to the clients needs (See **appendix F**) and these will be used in future mindwork sessions and prompts.
- 4) Find the areas of focus you want to start with and what the client objectives are. (You can use the 7 areas of life meditation to help bring awareness to a potential starting point but most clients will have some obvious areas they feel they need to improve in their lives)
- 5) Create a plan for this week in between this session and your next session for what they will commit to work on and bring more awareness to.



Breathing Fundamentals Coaching

It is important as coaches that we will not only work with the mental and emotional side with a client but their breathing mechanics as well. This is really important because improvements in breathing will help them to be more calm and relaxed, improve their abilities to deal with stressful situations, help them to have more energy, sleep better and much much more.

As a pre-requisite to this course you will also need to take the Breathing Fundamentals Coaching course that will give you the tools to help improve people's breathing mechanics and breath awareness.

The best way to help a client is to first experience the effects of these tools on yourself. We will be working each week throughout this course on ourselves, so we have direct experience to share with our clients.

The recorded course has all the details you need to know and we will be working them into our weekly calls. For today we will simply start by taking some basic measurements so you can establish your baseline.

- 1) CP Score
- 2) Max Breath Hold
- 3) Breathless Steps

These three measurements should be part of your initial coaching call with a client. They may choose to not want to work on the functional aspect of their breathing but we will highly recommend it for best results.

9. Client Objectives - Moving from Survival to Creation

Most people are working from some form of survival. We all have core wounds and beliefs as well as all kinds of needs that consume a ton of energy as we subconsciously are trying to avoid pain and suffering (to varying degrees). We will go deeper into core wounds and needs later in this course. As we work to heal the wounds, change perspective on previously held beliefs and find new ways to have our needs met it will unlock a tremendous amount of potential energy that was previously being consumed subconsciously to create space for the new life and unlimited potential we will now have access to. We will be able to create space in our lives and our clients lives to bring in what we truly want to have and feel.

Also as we begin to heal core wounds and beliefs remember the human body is designed to strengthen neural pathways as "Neurons that fire together wire together" and as we repeat patterns over a lifetime the wiring can become very strong/rigid. This doesn't mean we can't change it but the old triggers and patterns will still want to emerge to protect you or help you survive. As the wound heals and we bring awareness to these patterns we can reduce them significantly through combined repetition coupled with emotional practice and eventually feel much more freedom, fulfillment and clarity in our lives.



Starting with Inquiry

What does the client think or feel want to achieve? This will definitely change as we work with them and bring more awareness to their lives. Something they thought they previously wanted or needed can shift dramatically in a short period of time with a good coach and a client who is committed to doing the work. As a starting point we always meet the client where they are at or where they think they are at.

Ask your client, “If we could see a shift in 90 days how would you want to feel? What would you want to be able to do that you have trouble with or struggle with now?”

Get them to really envision the change and to make a clear commitment to growth. When will they do their work and how can you hold them accountable? In our intake and initial sessions we will identify the clients initial focus area(s), again this may change over time as you begin to do sessions with them. You want to move towards them getting clear on their objectives. Why did they hire you? What are they looking to transform or heal?

Our high level perspective is that everyone has things they are carrying with them every day. Things like limiting beliefs, core wounds, attachments, trauma and more. Our work with them will help them change the perspective and subconscious beliefs they have around the events that happened to them and hopefully realize there is nothing wrong with them and they have every opportunity to create their perfect life. As we change the perspective of the past we want to help them envision a future beyond their wildest dreams. As we do both of these things we allow people to begin living in the moment.

The Power of Surrender

Michael Singer wrote an amazing book about his life story called the Surrender experiment. The main theme of the book is that no matter how much our belief system wants to judge if a current situation or event is good or bad we will never really know in the long run how it will impact our life. So many rock bottoms or unfortunate events have created changes in peoples lives for the better. Being open to possibility, to learning and growing, from a place of non attachment is a powerful perspective to have even though at times it may be very hard. Can you allow things to unfold in your life, and stay present to be aware of the new opportunities as they come? As you shift into a different scenario than you are currently in will some things need to break apart to create room for something new?

We'll See

Once upon a time, there was an old farmer who had worked his crops for many years.

One day his horse ran away. Upon hearing the news, his neighbors came to visit. “*Such bad luck,*” they said sympathetically, “*you must be so sad.*”

“*We'll see,*” the farmer replied.



The next morning the horse returned, bringing with it two other wild horses.

“How wonderful,” the neighbors exclaimed! *“Not only did your horse return, but you received two more. What great fortune you have!”*

“We’ll see,” answered the farmer.

The following day, his son tried to ride one of the untamed horses, was thrown, and broke his leg. The neighbors again came to offer their sympathy on his misfortune. *“Now your son cannot help you with your farming,”* they said. *“What terrible luck you have!”*

“We’ll see,” replied the old farmer.

The following week, military officials came to the village to conscript young men into the army. Seeing that the son’s leg was broken, they passed him by. The neighbors congratulated the farmer on how well things had turned out. *“Such great news. You must be so happy!”*

The man smiled to himself and said once again.

“We’ll see,”

Unrealized Potentials

A good friend once shared with me an interesting perspective about what we know, what we don't know, and what we don't know we don't know. His name is JJ and he's one of our facilitators. There are things we know to be true about ourselves, what skills we have, what educational background or athletic abilities. There's also things we know that we don't know, for example I know I can program a computer or buy a Ferrari or speak Chinese. However there is the realm of what we don't know we don't know and that what I like to call "Unrealized Potentials". Around the next corner I could meet a new best friend that teaches me how to code in a unique way I've never heard of before who has a Ferrari that he lets me borrow on the weekend and by the way he also speaks Mandarin and is slowly teaching me the language. Now the week before I met him none of that was in my field of awareness as even a possibility. As we remain open to possibility, things can change at any time.



10. Creative visioning process outline (Appendix E) - Awareness and Clarity

The creative visioning process is a tool that helps us create clarity and direction in the clients life. It's hard to navigate life without a map and this starts to direct us to how we want to feel. We can then integrate things that come up into our weekly Sessions. You can do this as a single exercise OR break it up into small chunks. Sometimes I spend an entire session working with the client on this exercise. It is very important to get the mind and heart aligned in the direction the client is growing. As you go through the creative visioning process it will bring up areas of focus to work on. We can come back to this process multiple times as the client continues to grow and evolve.

There are two ways you can work with the creative visioning process. You can break it up into smaller chunks and refine it over say 4 sessions or you can do it all at once and leave it with your client for homework once you have gone through it with them. Its really up to you and your client to decide how you want to work with it.

As part of this training you will be going through the creative visioning process yourself. The more you can experience the power of this exercise the easier it will be to use with your clients. This course is available on [elementalrhythm.com](https://www.elementalrhythm.com)

<https://www.elementalrhythm.com/courses/creative-visioning-process-manifest-the-life-of-your-dreams/>

The main Takeaways from the CVP are

- 1) **Awareness** - Bringing awareness to the 7 areas of life and how you currently feel in each one. It will help you to identify areas of focus to work on.
- 2) **Clear Decision** - Choosing to make a clear decision to move forward.
- 3) **Belief** - Take inventory of all the things you have accomplished to build belief in yourself.
- 4) **Creation**- As humans we have an insane ability to create. But what exactly are you creating? Most humans operating from fear and survival are so stuck in the day to day and putting out fires they don't have time to focus energy on creation. Getting clear on how you want to feel and starting to open yourself up to unlimited potential and possibility.



11. What Breathwork Style to use

Our two flagship breathing protocols are very different and very powerful. The breakthrough experience is very energetic, uplifting and helps people breakthrough and process emotions and clear their minds while on the other hand the elemental flow down regulates the nervous system to release emotions and calm the mind. We recommend doing at least one session of each before moving forward to the mindwork process being sure to take note of the experiences in detail. Even if you have someone who has been to many classes but has not done a 1 on 1 we highly recommend starting here. Once we have done all of the above we can start moving into the mindwork sessions. You can come back to one of these at any time you feel the client is stuck or needs a reset.

For the majority of sessions in the 1 on 1 integration coaching we recommend using flow style of breathwork for about 3-4 rounds or 20 minutes and then going into the MINDWORK for about 10-15 minutes followed by a coaching session of 20-30 minutes.

The ERBE experience is transformational in itself and should be integrated from time to time into regular sessions. It can really help to connect/heal inner child trauma and challenges, emotional release and self love. We have seen and heard of the most incredible breakthroughs with this method. Where the facilitator comes in is to help integrate the experiences and create a game plan to take action into daily life. Sometimes you can even substitute a session for an ERBE to help move through blockages or when you feel like the sessions may be hitting a wall.

For trauma informed information and using the flow sequence please refer to your level 1 training manual and online resources.

12. Additional Key Components

Emotion - As you remember from earlier in this course Repetition plus emotion is key to reprogramming the subconscious mind. As a breathwork facilitator we know that after some breathing and a little bit of guided meditation we can easily drop into a deep emotional and meditative state. As we explore the core wounds and needs and start to heal and fulfill them we will see shifts in ourselves and our clients as we continue our daily integration practice.

Brain Waves - Deep breathing breaks the cycle of stress and also promotes alpha which is the band that is related to body and mind relaxation. Alpha is defined as brain waves that cycle between the frequencies of 8-12 Hz, which is classified as a state of relaxation

Alpha brain waves are present in deep relaxation and usually when the eyes are closed, when you're slipping into a lovely daydream or during light meditation. It is an optimal time to program the mind for success and it also heightens your imagination, visualization, memory, learning and concentration.



It is the gateway to your subconscious mind and lies at the base of your conscious awareness. The voice of Alpha is your intuition, which becomes clearer and more profound the closer you get to 7.5Hz. This is an optimal state for reprogramming the subconscious mind. This is a time when the constant chatter of the Beta state ceases to a large degree and the subconscious mind is open to suggestion.

Repetition - here is also where the coaching, accountability and using elementalrhythm.com can help the client reach the maximum benefit from their practice. As discussed repetition plus emotion

The Default Mode Network - An area of the brain in the frontal and prefrontal cortex that is responsible for self reflection and thinking. It tends to increase in activity when you are not focused on an activity and think about the future, danger in your environment, thinking about the intentions of others and things like that.. Overactivity in these areas is associated with depression anxiety and other mental ailments. They also say it is where the ego lives. Breathwork has been scientifically proven to slow down blood flow to this part of the brain, clearing the mind so to speak and can allow for deeper penetration into the subconscious mind.



THE MINDWORK PROCESS

13. Reprogramming - Subconscious Mind Basics

A. What is the subconscious mind?

Your subconscious mind is made up of memories, beliefs, fears and subjective maps of reality. The thing with your subconscious mind is it's very powerful and can, without your awareness, direct the course of what you do in your life.

Some main characteristics of the subconscious mind are as follows:

- It is programmed via repetition + emotion
- It speaks through imagery and emotion
- It doesn't hear negatives very well (ex. I am not unworthy vs I am worthy)
- It can be programmed or reprogrammed at any time
- It responds very quickly to repetition + emotion + imagery combined

B. How Your Subconscious Mind Affects You & Why It Matters?

One important characteristic to understand about our conscious mind is that it cannot out will or overpower your subconscious mind. In reality no matter how hard we may try the truth is that the subconscious mind runs the show.

Take for example things like a New Years resolution. Usually willpower can last about 2 weeks give or take, that's why most people's New Year's resolutions don't go past January (And probably why the gyms offer year long membership sales at that time of year)

Also think about your own examples of self sabotage, or sticking to your goals, if the subconscious is saying one thing and the conscious another it won't fare very well for you in the long term if the subconscious is programmed to believe something you don't actually want in life. This has to do with limiting beliefs, if your subconscious mind believes you're a failure but the conscious mind really wants that new job the subconscious may self sabotage your efforts to get or keep that job.

You can get stuck if your conscious mind and subconscious mind are opposing each other. Change can occur and last when you reprogram your subconscious mind and get on the same page as your conscious mind. The subconscious mind is not trying to sabotage you but if it believes something it will try to protect you from getting hurt or embarrassed etc.

C. The Subconscious Mind's Acquiring Programs

We all acquire our subconscious programs through the following:

- 1) Things that are modeled to us (ex. parents fighting) - **What we SEE**



2) First-hand experiences (ex. you are bullied on the playground) **What we EXPERIENCE**

3) Things we hear repetitively (ex. parents saying “we don’t have enough money.”) **What we HEAR**

All three of these things create neural pathways strengthened through **repetition + emotion!**

Some things to consider are:

- **Emotion is stronger or more impactful than repetition.**
- Hearing things repeatedly in childhood may take a long time to store as a subconscious program however a traumatic event can program immediately.
- If you can link emotion to action your mind will reprogram at a quicker pace.
- Repetition and emotion is what programs Firing and wiring of the brain

D. The Language of Subconscious Mind is Emotion and Imagery

This is the place that the conscious and subconscious communicate/overlap and not through words and language as many people think.

For example, have you ever tried to “talk yourself out of something” but it doesn’t work? Other random times you have a realization and it does? This usually happens when it reaches the subconscious ex. “Thinking or telling yourself that Life will get better vs. **Proof** that life will get better when you receive Support, love, abundance etc.

Another example is the belief that you are not good enough in words only. You need to remember a memory or image tied to an emotion. Feelings are usually contained within a memory.

E. How long does it take to reprogram the Subconscious Mind?

Studies have shown that it really only takes approx 21 days to change your brain and create new neural pathways. That is of course if you are doing the work! Neuroplasticity!

F. The Ironic Processing Theory

The Ironic process theory, otherwise known as the white bear problem, refers to the psychological process whereby deliberate attempts to suppress certain thoughts make them more likely to surface. An example is how when someone is actively trying not to think of a white bear they may actually be more likely to imagine one. For this reason it is important not to think in negatives. For example the thought I am not sick is likely to produce thoughts or imagery of you being sick whereas it would be much better to speak in positives. For Example, I am healthy and thriving.



G. There are no such thing as Idle Thoughts

Everything that goes on in your mind during the day adds to the problem or solution. Are you aware of your Internal dialogue/self-talk. For extra awareness are you aware of your breathing pattern when you have negative self talk/thoughts?

If someone is trying to work on feeling “I am loved” - you simply can’t do reprogramming work and then tell yourself throughout the day on autopilot that you’re still not worthy of love. It will not work.

One strategy is called pattern interruption (derived from NLP) - we’re going to add a little tweak to it and call it breath pattern interruption. All you do is take a deep breath, pause for a moment and bring awareness to self talk. Slowly exhale, relax your body and replace it with a positive reinforcement that supports why the opposite is true. For example, if you make a mistake at work and in your mind you start hearing I’m such a failure. Stop, take a deep breath and think of any time you have succeeded in life.

Let’s try this one out, it’s a very important exercise to share and train your clients. The goal is awareness in realtime and this is how transformation and change grows exponentially.

When you feel a trigger or emotion just bring awareness to where it is coming from. Look for the opposite reinforcement. Remember to breathe.



14. Breathwork Integration Coaching Method

Before starting the following process it is good to speak with your client about a specific area they choose to work on in order to get specific with the prompts. Some great suggestions could be any of the 7 areas of life. You can even do a breathwork/meditation session where you cycle through the 7 areas and ask them to identify which one felt the most emotional pain, resistance, fear, uncertainty, blockage or even excitement. You can review their CVP and ask them what areas felt blocked, uncertain or unattainable.

You can invite the client to reply out loud (before the session starts) if they feel called or if it is distracting they can continue in silence and give feedback after the session.

The 7 Areas are: financial, career, physical health, mental, emotional, spiritual/life purpose, relationships

Each mindwork session should start with about 20 minutes of breathwork in either style to prime the brain and clear the mind followed by 10-15 minutes of ambient music to guide the client through.

Intake: We start all of our initial sessions with an intake form. An exploratory talk to share a bit about ourselves and learn about our client. This is probably the most you will be talking throughout your coaching sessions with the client. See intake form in the Appendix for more details. We will establish the focus area (to start) and this will change over time.

Tools: CVP, Breath Awareness Meditation, 7 Areas of life meditation

Mindwork Process: Using about 20 minutes of flow breathwork once we have started to set our intention on the area to work with the client we will embark on a deeper journey with a specific prompting process to help unlock deeper insights. There are 3 main steps outlined below

1. Isolate the challenge
2. Identify what needs to change and Feel the change
3. Taking Action and Anchoring In

Each mindwork session will be followed by:

Inspection: This is where we coach them. Ask them to share and actively listen. The more we can help them to question their experience we can help them to get down to the root of their issues and help them to create their own perfect solutions. Sometimes this will be very easy and at other times can be challenging where they might not want to share or have much to share. It is important to be patient and discern when is a good time to probe deeper and when is a good time to allow space.



As we move through our coaching session and you gain more experience you will start to enhance your ability to ask better questions and develop a deeper sense of intuition. Also the more you can connect with your client you can move deeper into the space of intuitive questioning. You will get into a sort of flow state where you are hyper present, listening intently and questions will rise to the surface. Its important to have a pen to write down questions as they arise because we want to give space and time for the client to fully express their experience or fully answer a question. Sometimes it will emerge right way and other times they may need some space to express something that is new to them or maybe conflicts with previously held beliefs or programming.

Sample Inspection Process:

- 1) Give space for sharing after the breathwork.
 - a) What came up for you?
 - b) Did anything stand out in relation to your intention?
 - c) Did anything else come up that surprised you?
 - d) Were there any feelings, good, challenging or even blocked feelings you noticed throughout the session.
 - e) Listen intently and take notes.
- 2) Review the mindwork process and ask back some of the prompts if they are struggling or just to go deeper
- 3) Repeat back what you have heard so far. This is important. Sometimes just hearing their thoughts will unlock new perspectives and deeper awareness
- 4) Ask them what they feel are the key areas or insights or problems they have uncovered or brought more awareness to
- 5) Help them discover an answer or deeper understanding through questioning and not giving advice or leading questions.
 - a) What do you think you should do about this?
 - b) Why is this happening?
 - c) Is this a pattern for you?
 - d) What would you need to do to fix this
 - e) What could you have done differently?
 - f) What options do you have?
 - g) Is there a way this could have been helping you or teaching you something you needed to understand?
 - h) (this list can go on forever)
- 6) OPTIONAL SUGGESTION - If you have exhausted all questions and feel you an answer or suggestion they would benefit from hear (Important to avoid being attached to them accepting or rejecting your advice should be neutral) you can ask them if they would be open to a suggestions. It is important that your advice is not absolute meaning you are insisting they should do X or why rather:
 - a) May I offer an idea?
 - b) As you were talking I thought of something that might help..
 - c) You know another solution might be...
 - d) From my own experience...



- 7) Remember your job is to not solve their problem for them but to help them find their own perfect solutions and pathway forward.

First ask them to share

Explore Core Wounds/Beliefs & Needs: As part of the inspection process we always want to bring awareness to Core Wounds / Beliefs. Here we can share the list or read them out loud slowly and ask them to check in if any of them resonate with them. Once we have discovered Core Wounds we now have awareness to some of the reasons why they fall into patterns and react or get triggered so they can start to create change in real time. Needs come next. Once we feel that we have got some clarity on Wounds and Beliefs we can start to explore needs. This will usually happen after the 3rd session but as a coach you can pivot if you feel necessary. This will become easier to discern as you gain more experience and are able to use all the tools you have much more easily.

Integration: What will we bring awareness to between now and our next session? What new strategies can we implement to reprogram the beliefs we have uncovered and even start to find strategies to begin empowering ourselves to fulfill our needs and/or communicate in a healthy way to others we are in relationship about our needs.

IMPORTANT - Reprogramming (repetition + emotion) takes minimum 21 days so you want them to repeat this and review the insights daily or as much as possible in between sessions. They can journal, say a mantra, relisten to a recording etc. It is up to you to create an accountability plan. Be specific on what you guys decide together that they can commit to. Even if its listening to a track daily on elementalrhythm.com.



15. The Mindwork Technique- 5 Step Process

SESSION 1 (1 week)

1. Isolate the challenge

Objective: Creating Awareness(Finding what the challenge is all about specifically) – The objective of this session is to begin creating awareness. There may be an obvious thing they want to work on but we really want to get them to dig a bit deeper. This is a great place to make suggestions/prompt them according to what you would guess it is about (ex. Underlying fears and root causes)

Prompts: When did this challenge begin? Why do you think this is taking place? What fears are potentially driving this challenge?

Our objective is to try to explore or uncover what the root cause of the feeling is.

The 5 whys? Keep asking why until it boils down to a root cause.

Action/Insights - Always close the session giving clients some time to write anything down and then ask if they care to share what came up. Sometimes they may want to integrate internally but once you build trust you can really help them to explore and then mirror back what you heard.

Homework: create more awareness and reflection. Breath Interruption for negative thoughts (see above).

SESSION 2 (1 week)

2. Identify what you need to change

Objective: Identifying what the client needs to break through. This can simply be about realizing what they can or can't control in their lives.

Prompts: What would make this situation better? What would bring you relief right now? How could you do something different to create a new result?

Action/Insight:

Always close the session giving clients some time to write anything down and then ask if they care to share what came up. Sometimes they may want to integrate internally but once you build trust you can really help them to explore and then mirror back what you heard.

It is important to get them to come up with at least one idea of a potential solution. How can you break down what comes up in the questions above into actionable steps?



3. Feel the change

Objective: Imagine (Remember the subconscious is programmed by visuals, emotions) -

This is a great place to get a client to imagine what it would feel like to experience the desired outcome, to be free of the blockage or discomfort. We can combine step 2 and step three into a single session in order and advise to do so as they build on each other.

Prompts: Engage the 5 senses (see, hear, touch, feel, smell etc.) try to engage as much emotion as possible → Ex. Happiness, joy, sadness, frustration, anger, fear, freedom, relief etc. This can be based on a memory or visualization.

How can you do something else to change the pattern? Can you embody or feel the way you want to create change in relation to your current situation? Have gratitude, believe it is possible.

Action / Insights - can they identify a way they want to feel or would rather feel? When we were going through the prompts.

SESSION 3 (2 - 3 weeks)

4. Taking Action

Objective: Identifying the actions you can take to make this happen → Give examples/prompts related to what the challenge is.

Prompts: Cost of not taking action (What does your life look like if the problem remains?) What action step can you take right now? What's the first thing that comes to mind? What's your level of commitment to try 1 new thing this week. What is that 1 thing that comes to mind? What does it look and feel like to do these things?

Action / Insights - identify one thing that can start momentum

Different from #2 identify what needs to change to specific action steps.

Insert specific accountability here based on their suggestion of what they feel comfortable with.

Do you feel like this step is a challenge for you?

5. Anchoring in

Objective: Repetition + Emotion. Try to create as much emotion as possible. Really try to hone in on the feeling and repetition.

Prompts: Envision the new you, doing these things. How does it feel? Feel it in your body, what can you continue to communicate to yourself right now? As you say the statement also feels the feelings associated. Remember to have compassion and gratitude for yourself. Imagine feeling the relief of solving this problem. Now that you have made changes, what does life look and feel like?

Action / Insight: Feel the emotion and visualize the new you and repeat daily. What are the takeaways and commitments after the session?



Prompting tips

1. **Be specific** - give examples, use personal prompts from previous conversations, peoples names etc when working 1 on 1.
2. **Think of main areas of life (Career, Relationships, Emotional, Spiritual, Physical)**
3. **Slow and Steady** - Leave Space for client to reflect (don't talk too much or quickly)

Additional Materials - scripted prompts for different areas of life will be provided to you over the 6 weeks of calls. You will be required to undertake a mindwork track of your choosing from now until the calls start in 2 weeks as part of your homework to gain first hand experience.

16. BTEA - A Perspective on How the Mind works.

There are 4 layers of the mind and at the base is **Beliefs**. The beliefs you have about the world lays the foundation for how we see and interpret everything in our life. When something happens to us a belief is formed.

From that belief system we interpret our environment and interaction and it will create **thoughts**. This is good, this is bad, different opinions, what you trust, what you fear etc.

From thoughts we respond with **emotions** in our body. We think something is scary, we feel fear etc.

Finally from our emotions we react or take **action**.

Beliefs -> Thoughts -> Emotions -> Actions

As we change our beliefs everything else changes in turn...and we grow.

17. Core Wounds & Beliefs - (See appendix F for Full Chart)

Core wounds are common painful belief imprints/interpretations we make from painful experiences that exist as the story of ourselves at the subconscious level.

For Example, let's say little Bobby has a very critical mom, and is constantly telling him what he is doing wrong. Bobby's mom thinks she is helping him by preparing him for life in a challenging and dangerous world, but how Bobby's is receiving or interpreting this communication from his mom is that "I am not good enough" or "Nothing I do is any good". The repetition and emotion of being exposed to that leads to Bobby believe that he is not good enough.

We all have many versions of this experience and it can end up in a series of beliefs around believing we are betrayed, unworthy, unlovable, abandoned or believing we are bad or something is wrong with us.



There tend to be very common core stories that many of us share and these become our core wounds.

We can experience immense transformation when we realize these stories are not necessarily the reality of who we are.

As we work more and more with the subconscious mind we can help clients uncover their core wounds and beliefs and reprogram them to create incredible changes in one's life. In the appendix we show you the chart for common core wounds and how to help your clients process and reprogram them as they come up. Ultimately this is what we are trying to uncover at the root of someones challenges as we work with them through our coaching sessions. However we cant force someone to uncover a core wound or assume we know one is even there in the first place. We must inquire through questioning to see if something uncovers itself.

There's only two reasons we experience emotional pain and suffering it boils down to the following

Emotional Pain: unmet needs

Emotional Suffering: the meaning we give to our needs not being met (which comes from our core wounds and beliefs and are mostly pre-existing or from early childhood)

For example two people in the same situation will experience it in a completely different way based on their core beliefs/wounds.

Two women both were in the process of getting separated in their marriage. One woman had the natural discomfort of the life changing unmet needs but her meaning was that the marriage wasn't working for a long time and neither were happy and this was a necessary discomfort to moving on in life. The other woman however, was super distraught and although she recognized neither she nor her husband were happy in their marriage like the first first women she told herself the story that she would always be alone, and if her husband ever loved her he would not leave her, and she was unlovable and not worthy of love.

The meaning we give to things dramatically impacts our emotional state. Just because her husband wants a divorce does it really mean she is unworthy of love? Of course not, but that's what she believes.



CORE WOUND PROCESS

1. Once you Identify a negative emotion or situation with your client, we can then try to distill it to a core wound or belief.
 - a. What is the meaning you give this situation/experience? Keep asking the following repeatedly until you get to the core wound? You can even show the core wounds list or suggest some to see if they resonate.
 - i. What are you afraid will happen?
 - ii. Why is that bad?
 - iii. Keep asking until you get to the core wound

2. Question or Confront the truth.
 - a. (Confront the truth) Is this situation you are currently in proving that you are _____ (enter core wound)
 - b. (Flip the script) Could the situation you are in (or experiencing) actually be about something other than your core wound?

Confront the situation at hand. Is it true? Can you know this for sure?

For example could you be separating with your husband for reasons other than you are an unlovable person? You were at a different place in your life?

3. Oppositional Truth
 - a. Find the proof of the opposite that is true in your current situation.
 - i. My dog loves me, my family loves me, my kids and co workers love me
 - ii. What other characteristics make you worthy of love.
4. Integration
 - a. Daily practice of reprogramming the oppositional truth to counteract the long standing belief/story. I am worth of love because...use tracks, journal prompts etc.

18. Exploring Needs

Everybody has needs, and in order to create harmony we need to have our needs met. First step is being aware of our needs. Our emotions give us feedback when a need is unmet. When you have a negative feeling you have an unmet need. So having awareness will help you to create change in real time.

When something is hurting them or affecting them (especially in relationship to other people) usually there is an unmet need.

How do you figure out what need is unmet?

What are the top 10-15 needs that stand out from this list?

For each of the above how satisfied are your needs out of 10?



For those 7 and below what strategies do you have currently? What can you create to bring to 8 or above.

What needs are related?

What are strategies to get more of this in your life?

1-3 strategies daily, put into practice, ask them how they can put into practice. Bring Prompts into the next session with your client.

Core wounds and unmet needs can work together. Sometimes a limiting belief can block a need getting met. So if you can reprogram a core belief you can meet needs. Also if you are blocked on a need it's probably due to a limiting belief or core wound.

Every person has needs and every person has unique needs based on their upbringing and programming

For example - you may have a partner in a relationship or friendship you have and they need peace and harmony and you need freedom and autonomy and these effect all of our relationships tremendously and how we interact with each other and the world..

Your needs have a direct impact on your emotional state.

They are governing you all day every day whether you are aware of them or not.

When they are met you feel fulfilled and when they are unmet you get negative feelings that come up because you are getting feedback from your emotions that something is missing.

For example the body is always giving you feedback. When you are thirsty or hungry you get thirst or hunger pangs. When you are missing connection, you feel lonely.

Each of us have unique needs that have a different order and priority in our lives.

For me it's social connection, novelty, spiritual connection, freedom. When covid happened all of these negative emotions came up around the needs that were being taken away from my environment.

When I then moved to Costa Rica my needs were fulfilled and I felt better. We all have the ability to pivot and meet our needs once we understand what they are.

We can empower our relationships when we can communicate our needs.

We can express how we wish to be supported in meeting our needs, and vice versa.

5 Steps to knowing realizing your needs



1. **Understanding and Awareness** - The first step is to understand needs and how everyone has unique needs and that they effect the world and your relationships.
2. **Emotional Connection** - Not only does everyone have a unique set of needs, these needs and whether they are being met or not will have a direct effect on the emotions we feel and experience.
3. **Review Needs List** - Take some time and review the needs list in the appendix below Circle your needs (or get Client to go through the list and circle which ones stand out to them)
4. **Rank Your Needs** - Score each need you identify on a scale from 1-10. How fulfilled do you feel around each one?
5. **Create Strategies** - Ask yourself what things can you do to have these needs met? Can you think outside the box and try something new? Sometimes our environment will rob the strategies we are used to using to get our needs met. In these cases we will need to create new ways to meet our needs.

Take Covid lockdowns for example - The forced isolation we all experienced could be extremely challenging for an extroverted person who has a high need for connection.

There are endless strategies if we think outside of the box to get our needs met.

A monk can get a high need of connection through isolation and connection to nature or god vs a person who is used to getting connection at work who now has to work from home.

Your Environment and Needs

Your personal environment is made up of many things, thats why having a good environment, where many of your needs can be easily met is so important to feeling fulfilled and happy. We are not always in control of our environment and many of us are afraid of change.

The environment is not just the physical space but includes all of our relations, on a high level it encompasses the 7 areas of life.

As things change **in our environment** (the environment changes and old strategies no longer work or are compromised) we can pivot our strategies, although it may be painful and challenging we have the ability to adapt. How can you find more ways to connect? Joining online zoom calls and being more vulnerable in those conversations to create a deeper connection could be a strategy to try? What other strategies can you think of in this situation.

The coach's job will be ask the client to get creative to come up with potential new strategies.



Relation to Core Wounds

We always like to address core wounds first. They are the deeper layer of beliefs that really effect our lives in many different ways and can be both subconscious and conscious.

As you're core wounds change (and heal) you will evolve to higher level needs.

Imagine 15 years ago you felt trapped based on experiences from your childhood, perhaps you had an authoritarian parent that didn't allow you to do anything. May this caused you to become more rebellious in nature and had needs of seeking freedom and autonomy.

In that situation a strategy you could have adopted to satisfy your needs could be to push someone out of the way to create space. Sometimes trying to meet our needs can lead us to do drastic or unhealthy things to avoid or try to reduce pain and suffering we experience.

When someone is not triggered and not in survival mode we can usually create more creative strategies to meet needs.

Needs will create programs in your subconscious mind. Healing the core wound won't necessarily eliminate the need completely but can significantly reduce the emotional response. It can also help you to express your needs in a healthier way.

The "I am trapped" core wound would create a need for freedom. When you heal the wound or belief you can still love freedom and express it in a healthy way, and be way less triggered or emotional when your freedom becomes threatened.

On the other hand, unhealed (aware or not) Core wounds can magnify the unhealthy expression of needs.

Ask yourself or your client -

What would you need to feel relief?

What would you need to feel better?

If you can change the circumstance what need is that?

Incorporating Into Breathwork Sessions

After working through the mindwork sessions we can start moving into needs. We will follow the process above and then start to end sessions exploring needs deeper.



Simple Needs Script

Think of or remember a real life experience where you felt unfulfilled or your needs were unmet.

Or A time you felt upset and or emotional or unfulfilled in a certain area of life?

What needs show up in this experience that were not being met that made you feel that way?

Go into those feelings.

What is coming up for you?

What are some ways you can have these needs met? How would you feel?

(Keep digging and using specific needs as prompts from your previous sessions. The key here is to allow the client to explore so we want to be careful to not try to lead them into what we think but use inquisitive and intuitive questioning) for the beginning of the meditation we suggest leaving it as vague as possible to allow for things they were not conscious or aware of to come up)

Once complete you can move into your regular coaching session with the client.

19. Course Overview

Weekend Intensive

Weekly Calls starting Next thursday (1 week off)

- We will spend 15 minutes each call on Breathing Fundamentals Review
- Remainder of call will be for Q&A about your session

Self Practice

1. Creative Visioning Process -start your own 21 day journey
2. Complete Fundamentals Coaching Training Course
3. Watch Supplementary videos and sample sessions
 - a. Intro to subconscious reprogramming
 - b. Creative visioning process
 - c. Thais Gibson Interview
4. Month 1 - 4 practice sessions with Student Partner
5. Month 2 - 4 practice sessions with Student Partner
6. Month 3 - 4 practice sessions with Final Student Partner
7. Month 4 - Find your own 2 Clients to work with and submit your final exam.

Weekly Calls will be held on Thursdays at 8pm where we will review breathing fundamentals coaching for approx 10-15minutes and then explore Q&A from your practice sessions.

You will also be responsible for creating a daily breathwork practice (min 5 minutes daily) and working through your own mindwork tracks on elemental rhythm. More details to follow on the weekly calls

You will be responsible for active participation in the signal group to share feedback on your sessions weekly.



Appendix A - Elemental Rhythm Code of Ethics/Standards of Practice

Level 1 Facilitators

Standards of Practice

Inclusivity/Non -Judgement - We shall not discriminate participants in any way shape or form included but not limited to race, ethnicity, gender, religion, sexual orientation, age or appearance.

Safety - As a facilitator/coach you are responsible for creating a safe environment for both yourself and the client. Safety is considered physical (space and prep), mental and emotional.

Consent - We have a few very specific areas of consent within our training in regards to scents, touch, media capture and sharing (photo/video) which must be adhered to at all times. In addition to those listed if anything else ever arises it is imperative that you act on the side of caution and when in doubt always ask the client first if it is ok and they feel comfortable. Individual consent is also important to avoid group pressure to not go against everyone in the group or feel like they stand out.

Advice - All facilitators shall refrain from giving advice as to what someone should or shouldn't do. We can share personal experiences of what has worked for us or we have seen work for other clients. We can make recommendations for clients as to different things they can try but ultimately it should be up to them to decide what path they will take. Each client has the potential within themselves to make their own decisions and decide what is best for them and have their own realizations.

Humility - As a facilitator and coach it is important to be humble. We are not better than anyone nor are they better than us. Everyone is different. Meet people where they are at and share your gifts with an open heart and clear intention to support and serve people.

Assertiveness - If someone is not a good fit, disruptive or makes you feel uncomfortable in any way, you do not need to take them on as a client, continue working with them or even have them complete a session or class. You need to be able to make the call when someone is imposing on your boundaries.

Respecting boundaries / Expectations - This includes both your own and the clients boundaries. It should be made clear before any session or class what your role is, what you are there to do and how you will do it. It is also important to set boundaries for your client. How will you interact and communicate within a session and outside of your sessions? Make sure you both feel comfortable with all agreements and arrangements that are made.

Confidentiality - Anything anyone shares with you even in public in a sharing circle shall be kept confidential unless you are given permission to share it with others. To use a share or



example as a case study, it is imperative to protect the person's identity at all cost and only share the circumstance and outcome of a situation.

Understand your role as a Breathwork Coach / Facilitator.

Each facilitator needs to clearly recognize their level of training and competency. Under no circumstances do you misrepresent yourself as any profession other than this training (unless specifically trained in modality and clearly identifying use of other qualified designation or training). If there is something you don't know, or are unsure of, do not guess or make assumptions or make something up. It's ok not to know and we never want to mislead anyone. Integrity and honesty are key pillars in our code of ethics.

Practitioner Client Relationship

It is imperative for each facilitator to establish and maintain healthy, appropriate and professional boundaries, respecting the rights and dignity of those they serve.

Each Elemental Rhythm Facilitator/Coach shall at all times refrain from using their influence to exploit or inappropriately exercise power over their clients.

Elemental Rhythm Facilitators will refrain from using this breathwork practice to promote or influence any personal religious or spiritual beliefs.

Elemental Rhythm Facilitators will refrain from all forms of sexual behavior or harassment with clients even when client initiates or invites such behavior.

Facilitator Community Relationships

All Elemental Rhythm Facilitators will maintain and nurture healthy relationships to all other facilitators. We will support and encourage collaboration over competition and an abundance mindset. We are here to serve and help as many people as possibly without overstepping our personal boundaries.

We will give constructive feedback to other facilitators who we believe have failed to follow one or more of the ethical principles. If this does not sufficiently resolve the issue, we will communicate with the Elemental Rhythm Management team for further action.

We will not publicly or privately criticize or slander our fellow facilitators in any way shape or form.



Resources Beyond Your Scope

Have a full extensive resource list of practitioners/therapists should your client require mediation for health concerns outside of your scope as a Breathwork Coach/Facilitator.

These can include but not limited to:

Therapists, Psychotherapists, Life Coaches, Help Lines (Suicide), Counsellors (sex abuse, drug abuse, any form of addiction)

Requesting assistance from mentors or making referrals when necessary.

Level 2 Coaches/Facilitators (includes all of the above)

Coaches are required to make a clear coaching agreement prior to initial coaching sessions.

Explain to your client the nature of Breathwork Coaching and what they can expect while working with you. We cover this extensively in the level 2 training.

Encourage clients to take full responsibility for their healing process. Create a plan of action for the program you are working with. Reassess continuously as their needs change through their expansion. Confirm with clients prior to sessions how they wish to proceed and be clear on the plan of action for each session. Placing clients in the seat of empowerment while advocating for self awareness.

Respect confidentiality of clients. Do not share or release any information regarding client and sessions unless required by law or clients may be in harm of endangering themselves or others.

Always continue to develop your professional skills as a practitioner in realms that compliment your services.

Be clear on your intention with each client confirming you as a practitioner have no agenda that will affect their progress.

Always maintain a clear professional relationship and do not cross any boundary that may be deemed inappropriate in any manner.

Be open and honest about the services being offered without embellishment or making any promises of an outcome that may not be reasonably attained.

As coaches we always listen, summarize and reflect. We do not tell the client what they are thinking or feeling. Allow clients to rephrase as many times as necessary until clarity has been achieved. Giving space for self reflection and opportunity to go deeper to obtain more clarity.

Code of Conduct Agreements



Welcome all that may arise within you and allow what shows up, giving space.

Be mindful and treat all participants with dignity.

Respect all participants as sacred human beings through a non judgemental lens.

Confidentiality: under no circumstance do we discuss, share or attempt to interpret another participant's experience.

By completing this course I agree to uphold all of the above ethics and standards set forth by Elemental Rhythm and acknowledge that my failure to do so may result in loss of certification and breach of any contractual agreements made with Elemental Rhythm at their sole discretion.



Appendix B - Appendix E - Sample Intake Forms

Elemental Rhythm Sample Intake Form

Name: Gio B

Date: May 31st 2022

Age: 111

Health Status (ask client): 1-10

Client Intentions:

Life Story (History and Current Situation):

As you take notes above on things about their story that stand out make sure they feel comfortable, whatever they want to share. Listen, have compassion. Also see if they do any of the following:

Optimal Breathing Habits

<input type="checkbox"/> Nasal breathing	<input type="checkbox"/> Quiet almost silent
<input type="checkbox"/> Mouth closed when not speaking	<input type="checkbox"/> Good posture
<input type="checkbox"/> Slow Breathing	<input type="checkbox"/> Relaxed
<input type="checkbox"/> Deep breathing	<input type="checkbox"/> Mainly Diaphragmatic
<input type="checkbox"/> Rhythmic and regular breathing	

Poor Breathing Habits

<input type="checkbox"/> Mouth Breathing	<input type="checkbox"/> Noisy Breathing
<input type="checkbox"/> Mouth open most of time	<input type="checkbox"/> Tense shoulders
<input type="checkbox"/> Fast breathing	<input type="checkbox"/> Poor Posture (hunched)
<input type="checkbox"/> Shallow Breathing	<input type="checkbox"/> Short Forced Exhalation
<input type="checkbox"/> Chest Breathing	<input type="checkbox"/> Upper Chest movement only
<input type="checkbox"/> No Rhythm (irregular)	<input type="checkbox"/> Anxious, poor focus
<input type="checkbox"/> Lots of Sighs, yawns or holding breath	<input type="checkbox"/> Tapping, twitching, nervous



Client Objectives:

CP/CO2 Score: _____ **Self Sleep Score 1-10:** _____
Max Hold(in) _____

Resting Heart Rate: _____

Any other Biomarkers they Use? HRV, Blood Sugar ETC?

What would be an amazing result to achieve within 90 days?

Understanding of how my breath impacts my nervous system.

How would you want to feel?

Physical Goals:

Mental Goals:

Emotional Goals:

Creative Visioning Process ask to start reflecting on the 7 areas of life. Which areas come up most for them?

Do you want to focus on Breathwork Fundamentals? Mindwork coaching? Mix of both?



Appendix C - Breathing Assessment / Questionnaire

Scoring Key=

1- Very Often

2 - Often

3 - Sometimes

4 - Rarely

5 - Never

Score yourself from 1-5 with which option best describes your situation in the past 30 days

1. I have health challenges _____
2. I have a dry mouth and lips _____
3. I breathe through my mouth _____
4. I suffer from stuffy, runny or itchy nose _____
5. I have constant colds _____
6. I have difficulty swallowing (lump sensation in throat) _____
7. I breath in my chest, trouble breathing into my belly _____
8. I experience chest tightness and trouble breathing _____
9. I sneeze, sigh, yawn _____
10. I take a lot of big breaths when speaking _____
11. I hold my breath for no reason (stop breathing) _____
12. I am a noisy breather, cough, clear throat, congested, sniffle etc. _____
13. I have a forward leaning or slumped posture _____
14. I have poor restless sleep, snoring, sleep apnea _____
15. I grind my teeth at night _____
16. I have low energy, very tired in the morning / day, poor concentration _____
17. I experience heart palpitations or irregular heart beats _____
18. I experience sugar cravings, addictive tendencies _____
19. I am always thinking, or overthinking brain in overdrive _____
20. I feel anxious, depressed, scared/worried _____
21. I am afraid of conflict, have low confidence, people pleaser _____
22. I am irritated, impatient, conflict oriented, over ambitious _____
23. Indigestion, overeating, poor digestion, constipation _____
24. I experience headaches _____
25. I have muscle stiffness in back shoulders, neck, jaw, tension in head/face _____
26. I have low endurance and shortness of breath when exercising _____
27. Poor vocal clarity, hoarseness, squeaky, strained _____
28. I have trouble relaxing or doing nothing _____
29. I have low sex drive, poor sex performance _____
30. I suffer from panic attacks/lose control in high stress situations at home/work _____

Score out of 150: _____

Date: _____



Appendix D - Breath Awareness Meditation

Objective of this meditation is to have the client/student relax and become aware of their breath. For each prompt allow the breather to have a few seconds to experience each one. To begin, ask your participant to close their eyes and relax, back supported either sitting up or lying down in a comfortable position.

Just begin to breathe naturally.

Bring some awareness to the pace of your breathing. Is it fast or slow? Deep or Shallow? What other observations come to mind. Easy or hard

Lets slow things down a bit. Take a few nice slow breaths.

How are you feeling at this moment? Relaxed, anxious, happy, angry, what feelings come to Mind.

Where do you feel them in your body?

As you continue to breathe let's slow our breathing right down and breathe as slowly as possible as we inhale and exhale.

Bring your awareness to the tip of your nose. Slowly begin to inhale keeping your focus on the air flowing through your nose.

Now follow the air through your nose, and into your neck and throat area.

The next few breaths bring your awareness to your torso/body as it expands with Each breath. Now follow it all the way through back to the exhale. Let's keep breathing full connected breaths without stopping at the beginning or end, just a nice continuous flow.

How about adding a pause after each inhale and each exhalation.

As you breathe, bring awareness to if you are breathing into your chest or belly?

Are you breathing deep or shallow?

Lets intentionally breathe into our chest. Feel the rib cage expand as your shoulders raise a bit.

Next let's breath deep into our belly, imagine breathing deep into your hips as you feel your belly button expands away from your spine.

Do you feel any tension anywhere in your body?

Start breathing into the top of your head and as you exhale relax your head, face, neck etc.

Breathe into your chest and relax your shoulders and chest

Breathe into your belly and relax

Now do a quick body scan...find any areas of tension and breathe into them, and relax with each exhale a little more.

Now come back to your nose again

Let's take 10 quick sips of air and a quick sharp exhale



Let's repeat that 3 times

Take a deep full breath in and hold for 10 seconds

Exhale fully

Take another deep breath in and exhale and hold feel the stillness of no breath (10-15 seconds)

feel the urge to breathe

Take one more deep breath and smile

Slowly bring your awareness back to your body.

Wiggle your fingers and toes

Stretch your body

Slowly open your eyes

Smile

Welcome Back



Appendix D - Creative Visioning Process – A roadmap to your ideal destination.

Outline

1. Overview
2. Accountability / Coaching
3. Making A decision
4. Your Why - Deepening Commitment and Setting Intention
5. Building Belief – The Biology of Belief
6. Bringing in Emotion - Feeling is believing
7. Getting Clear – What do you really want?
8. Refining the Vision
9. Daily Integration

1. Overview

Start with the end in Mind, how do you really want to feel.

This exercise will start bringing your awareness to your ultimate destination.

What is the CVP? It's a formula to help you create the life of your dreams. It has worked for many people.

Those who actually do it, and this is where its important to have support of a coach to help with accountability see incredible results.

The main overarching principles here are clarity trust and surrender.

1. **Clarity** – spending some time to reflect on how you actually want to feel without being influenced by what others want, what the external influences (media, peers, family) want for you.
2. **Trust & Surrender**– to trust the process as everything is always happening for you and in order to create change sometimes things will need to fall apart. We must try our best not to judge the singular events as good or bad but rather to keep working on ourselves and look for the opportunities in all situations. Anything can change at any time. Take a quick look back at some of the most challenging times in your life. How did that shift you or move you?

Throughout this entire exercise and as you continue to work with it you will uncover roadblocks, resistance and hurdles which you can bring into your ERBE and mindwork exercises to dive a little deeper.

Introduction

How does one create the life of your dreams? Some people just intuitively can make magic happen. You need to be clear on where you ware going and why.

By where I mean not the route, but the destination.

By the destination I mean not what it looks like or where it is but rather what it feels like.



What will you feel like, when you wake up in the morning in your perfect life?

What will you feel like when you go to bed?

How will you interact with others? How will you be interacted with?

Along the way you will most likely discover a lot about who you really are as you grow and transform. Be patient, stay present and surrender to the process.

A few things that may get in your way, is not believe its possible, or trying to control or guide the process. We will explore all that in the next few modules. So stay present, and see you in the next module.

2. Accountability Partner/ Coach

This exercise (and most exercises in general) are always more effective and powerful if you have a good accountability partner to work with or a coach that will help keep you accountable. This exercise is simple, all you need to do is listen, read or even reflect on the substance of your Letter daily. In short time you will start to notice changes and opportunities arise.

Add in course notes time between each module – do this for a few days and come back. Recite our decision statement.

3. Making. A Decision

Making A personal Declaration of Independence – You are ready to shift.

What is a decision? The first step needs to be clear and concise. Yes I am ready. Comes from the Latin word *decidere* which means to cut off from. Cut off other possibilities. Burn the ships.

In 1519. Hernán Cortés led a large expedition consisting of 600 Spaniards, 16 or so horses, and 11 boats to Mexico. The goal: capture a magnificent treasure said to be held there. Upon arrival, Cortés made history by destroying his ships. This sent a clear message to his men: There is no turning back. They either win or they perish. This concept may go back even further.

CLOSE YOUR EYES AND MAKE A SIMPLE DECISION TO MAKE A CHANGE IN YOUR LIFE.

- 1) Why is it important – give you clarity, purpose, inspiration and motivation. When you are not fully committed it's much easier to avoid the path when obstacles or challenges arise.
- 2) Your decision proclamation. So what are you deciding to do? Don't make it a goal, it doesn't need to be measured. A decision about making a change, being assertive, tapping in to new possibilities, unlimited potential. Some examples:
 - a. My life purpose is to _____
 - b. I am fully committed to _____
 - c. I am doing this and not giving up
 - d. I am an amazing _____ with _____ and _____



- e. I am successful at _____
- f. I am an inspiring _____ that can _____
- g. I have many incredible and loving relationships in my life

Everyone will have a different decision proclamation, and you can change it over time or even at the end of this exercise to align perfectly. When you read it out loud it should inspire you and give you energy. If you feel a block when reading it out loud or to someone else you can focus on this feeling in meditation or breathwork to see if there is something there.

4. Your Why - Deepening Commitment and Setting Intention

Why is this decision important to you? Why do you really want to change? Ask yourself the 5 whys and keep going further back to the root. Ask the question why until you can't distill it down anymore.

- a. Journal 15 minutes. Why am I doing this and why does it matter. Just keep writing and see what comes up.
- b. Keep asking whys until you can go no further.
- c. Create a simple why statement. You can use this as your intention as well

Setting intentions is the act of stating what you intend to accomplish through your actions. It's a commitment to what you want the journey to be about as you move on or move up. When you are intentional about something, your focus is in the moment: who you are, what you do, why you do it. What is your intention for doing this work?

5. Building Belief – The Biology of Belief

What is the placebo effect? Science has studied and verified this many times. Sometimes just the thought that you are getting better can yield amazing results even if no remedy was actually taken.

Napoleon Hill makes the case that it is scientifically impossible to conceive of something in your mind and **believe** that you can do it, and then not be able to achieve it. The very fact that you can picture something in your mind and believe that you can accomplish it, means that you can. Isn't that powerful? The belief part is **very, very important**. If you can conceive of something, but don't believe that you can do it, then you won't.

Being consistent with the subconscious reprogramming techniques we need to find examples from our life of times we succeeded. Follow the steps below to create a belief Narrative and statement.

Instructions:

1. Write an exhaustive list of the reasons why you believe you will have the life and business of your dreams. Include your skills, talents, education, philosophies, experiences, personal characteristics, support systems and anything else you can think of.
2. Use complete sentences and the word "I."
3. Write as much as you can. Notice as your feelings and emotions begin to swell.



Write until you can't think of anything else to write.

4. Stop, take a break, and then come back to your Belief Narrative and start writing again.

5. Do this three times! This serves two purposes. First, when you take a break and then return, you will be able to go much deeper and uncover things that aren't right at the surface. Second, each time you continue working on this assignment read what you have already written. This will help get you in the right mindset and strengthen your belief in what you have written so far.

Belief Narrative Example:

"I will have a successful business because I'm great with people and completely believe in the products I represent. I really care about my clients and their success. I'm a great listener and my positive, energetic and motivating personality inspires and encourages people. I have a great attitude, I'm persistent, committed and motivated...I also have excellent sales and marketing skills, critical for growing a business.

(Elaborate here on past accomplishments and achievements!) Focusing on the past helps the brain recreate future success, it can recognize and the RAS will start to seek it out!

RECAP:

- 1) Success list – start by making an excessive list of every win small and large.
- 2) Make sure to Include Challenges (try to see how they are actually wins) – what did you learn, how did you survive?
- 3) Reflect on all of these items and make a Belief Narrative – which is a paragraph talking about all the times you were successful or overcame challenges.
- 4) Summarize this into a single **Belief Statement**

Belief Statement Examples:

"I can accomplish anything I put my mind to."

"If I can conceive it and believe, it I can achieve it."

"I can be, do and have anything I want."

"Nothing can stop me when I go for something I really want."

6. Bringing in Emotion - Feeling is believing

This is a very powerful exercise to do after an Elemental Rhythm Breathwork Experience. As you know in that state you enter a highly suggestible brainwave state and also an emotional state of gratitude. Remember being in a state of gratitude attracts abundance into your life.

Remember repetition plus emotion reprograms the subconscious mind.

7. Getting Clear – What do you really want?

Many people get lost in life because they don't actually know what they want. Any think in terms of material things and don't even focus on how they want to feel but rather how they think things will make them feel. In this next exercise you will meditate or be guided through an ERBE and



afterwards be asked to reflect on each area of life. See what comes up and write it down this will be the foundation of creating the future you.

- 1) Think back to the way you want to feel. Ask yourself some of the following questions how do I want to feel in each of the following Areas:
 - a. Mental - Life / Growth / Learning / Expansion
 - b. Emotional /
 - c. Health / Physical / Diet
 - d. Relationships / Family / Friends / Career / community
 - e. Career / Business
 - f. Financial / Abundance
 - g. Consciousness / Spirituality Life Purpose
 - h. Other – any other areas not listed above?

- 2) Things to keep in mind
 - a. Don't dream too big – you need to believe its possible even if its just a little
 - b. Don't dream too small – make it a stretch, believe in yourself.
 - c. Make it Yours! - Make sure its what you want not what people want for you.
 - d. Timelines - Choosing the wrong timeframe
 - e. Keep the End in mind - Don't worry about the how, there are many roads to get there.
 - f. Embrace the chaos. – an extension of e. sometimes the route will look like a dead end or worse. Remember sometimes the current situation may need to fully implode or explode to create something new. If none of the old programs work in the new reality you may need to start from scratch, and sometimes a disaster may be perfect. (fire story – set you free)

Take notes and reflect or get your client to share with you and you will write them down and read back what you are hearing. This process will be refined over time and will always be changing as you (or your client) get more in tune with your feelings, intuition and getting clear on what is important and the areas you are blocked. Remember the 5 Why's if you get stuck anywhere.

Write about what you accomplished, how it feels and what it means in your life.

8. Refining the Vision

- 1) Reticular activating system – this part of your brain will seek out whatever program you put into it. Think about the last time you were looking for a car? How many times did you see it on the road. When we are cavemen this helped us to find food, shelter etc.
What programs are you currently giving to your RAS?

- 2) Letter to self – here is where the integration really starts to happen. Take everything above and start to write it down.
 - a. Your Letter to self – start by writing a letter from you future self to you in the present moment. It is important not to tell you how things are going to be but from a place of them having already happened. For Example...

Dear Renee,

The last year has been the best of my life... We have



From there create a short paragraph for each area of life and tell yourself how you feel and what it looks like. Remember always start with feeling first.

9. Daily Integration

- a. Decision Statement
- b. Your Why and Intention
- c. Belief Statement
- d. Letter to self

You should have all of these written down and keep somewhere you will see them daily, in your bathroom, on your nightstand, in your car etc. It is good to read them to friends and family and really start to believe it is all possible. Get into a state of gratitude first and then remind yourself of what is being created right now.

You can also record it on your phone or any device and listen back to it at any time or even set the audio as your morning alarm.

Feel free to refine it over time as things change and as you think of other things to add or evolve into. There is no right or wrong here.

As you listen back and find areas of resistance or blockage these are good areas to focus your mindwork tracks on with your client or coach.

Turn this into a part of your daily routine / ritual

1. Breathwork
2. Gratitude
3. Reflect on your CVP Letter



Appendix F - CORE WOUNDS AND BELIEFS

List of Negative CORE Beliefs: This is a list of common painful belief imprints/interpretations we make from painful experiences that exist as the story of ourselves at the subconscious level.

I am not enough	I am abandoned/alone	I am unloved
I am bad	I am weak	I am unsafe
I am stupid	I am unworthy	I am helpless
I am unseen/unheard	I don't matter/unimportant	Something's wrong w/ me
I don't belong	I am disliked	I am misunderstood
I am disconnected	I am excluded	I am disrespected
I am rejected	I am trapped/stuck	I am powerless/no control

Breathwork Integration with core wounds:

As things come up in a session we can ask ourselves the following questions to help identify a core wound.

What are you afraid will happen?

Why is that bad?

Keep asking until you get down to one of the core wounds listed above.

When you Discover Core Wound

Now we can begin to reprogram in everyday life and in the following sessions.

Try to find examples of the opposite in your life that prove the opposite to be true OR things you can do in the future.

The wound is subconscious which speaks emotion and imagery. When you find proof of the opposite (evidence) you use your conscious mind to communicate in its own language.

When you remember or envision an example you feel a certain way which helps communicate the truth in the language your subconscious understands.

Repetition over time will reprogram long term and it creates new neural pathways and the trigger/wound will heal over time.

You may still not like a certain experience or event that was triggering in the past but won't affect you in the same way.

Even if you have trouble finding examples of the opposite or feeling it, ask them to envision what it would feel like? Or something really small or simple to build momentum. (ADD EXAMPLES)

Repeat the third video of each series to help reprogram your subconscious mind daily!



Appendix G - Major Emotions and Their Opposites

Abandoned – Adopted, Cherished, Defended	Insecure – At Ease, Calm, Collected, Composed
Afraid – Brave, Calm, Composed, Fearless	Horried – Brave, Calm, Fearless
Alone – Together	Hurt – Happy, Pleased
Annoyed – Gratified, Pleased	Lazy – Active, Careful, Attentive, Energetic
Anxious – Brave, Calm, Collected	Lethargic – Alert, Active, Animated, Lively
Ashamed – Calm, Confident, Happy, Joyful	Lonely – Populated, Close, Loved, Sociable
Betrayed – Assisted, Helped, Loyal, Faithful	Uncertain – Sure, Confident, Predictable
Blamed – Approval, Praise	Lost – Seen, Alive, Attentive, Aware
Bored – Energized, Refreshed	Offended – Flattered, Praised, Complemented
Burdened – Unloaded	Outraged – Calm, Relaxed, Happy
Cheated – Faithful, Fair	Pressured – Free, Left Alone, At Ease
Concerned – Calm, Collected, Composed	Punished – Cleared, Released, Exonerated
Confused – Clear, Composed, Organized	Trapped – Free
Crazy – Balanced, Calm, Collected, Sane	Rage – Calm, Love, Peace, Indifference
Heaviness – Thinness, Light	Rebellious – Happy, Obedient, Compliant
Despair – Hope, Joy	Regret – Comfort, Content, Delight, Joy
Devastated – Create, Construct, Guarded, Protected	Rejected – Cherished
Disappointed – Calm, Cheerful, Comforted, Encouraged	Resentment – Delight, Happy, Connected, Free
Disgusted – Attracted, Delighted, Pleased	Sadness – Cheer, Happiness, Joy
Doubt – Belief, Calm, Clarity, Certainty, Confidence	Scared - Bold, Brave, Cool, Courageous
Helpless – Able, Capable, Fit, Powerful	Self-Conscious – Calm, Comfortable, Confident, Easy
Embarrassed – Composed	Shame – Pride, Approval, Esteem, Honor, Respect
Empty – full	Silly – Intelligent, Mature
Exhausted – Able, Active, Energized, Strong	Suffering – Ease, Calm, Relief, Joy
Guilty – Innocent, Right, Moral, Good	Worried – Calm, Comforted, Happy, Relaxed
Impatient – Easygoing, Controlled, Patient, Tolerant	Wary – Certain, Careless
Inadequate – Able, Abundant, Capable, Enough	



Emotions List

What comes up? What is the opposite feeling you can start to focus on.

What is the root (Thoughts and beliefs that we can try to reprogram). Use this list for prompts in session and future sessions based on things the client has shared. When someone has a bad feeling or experience that comes up we can use this list to help them focus on feeling the opposite or using them as prompts in sessions.



Appendix H - 6 Basic Human Needs

Review Needs List

Everybody has needs, and in order to create harmony we need to have our needs met. First step is being aware of our needs. Our emotions give us feedback when a need is unmet. When you have a negative feeling you have an unmet need. So having awareness will help you to create change in real time.

When something is hurting them or affecting them (especially in relationship to other people) usually there is an unmet need.

How do you figure out what need is unmet?

What are the top 10-15 needs that stand out from this list?

For each of the above how satisfied are your needs out of 10?

For those 7 and below what strategies do you have currently? What can you create to bring to 8 or above.

What needs are related?

What are strategies to get more of this in your life?

1-3 strategies daily, put into practice, ask them how they can put into practice. Bring Prompts into the next session with your client.

Core wounds and unmet needs can work together. Sometimes a limiting belief can block a need getting met. So if you can reprogram a core belief you can meet needs. Also if you are blocked on a need it's probably due to a limiting belief or core wound.

The 6 Basic Human Needs

- o Love and Connection
- o Growth
- o Significance – meaning in your life
- o Contribution – ability to give share and contribute
- o Certainty - safety
- o Uncertainty – novelty change, stimulation



List of Tertiary Needs (Need in Real Time)

This is a list of your day-to-day needs that are linked back to our basic human needs.

Connection Needs

Acceptance
Affection
Appreciation
Belonging
Cooperation
Communication
Closeness
Companionship
Compassion
Consideration
Consistency
Equality
Empathy
Inclusion
Harmony
Intimacy
Love
Mutuality
Nurturing
Respect/self-respect
Touch
Warmth
Sex

Certainty Needs

Choice
Autonomy
Independence
Space/Boundaries
Certainty Needs
Cont'd. Safety
Structure/Routine
Order
Stability
Support
Food
Movement/exercise
Rest/sleep
Trust
Peace

Uncertainty Needs

Movement
Change
Stimulation
Spontaneity
Sexual Expression
Experience
Travel
Discovery
Inspiration
Beauty
Joy
Playfulness
Humor
Flow

Growth Needs

Self-Development
Self-Realization
Progress
Opportunity
Expansiveness
Integration
Awareness
Challenge
To Understand

Contribution Needs

To give
To create (all forms) To
write
To nurture
To assist
To be present
To support
Presence

Significance Needs

Empowerment
Competence Belief
Meaning
Effectiveness To feel
known To see and be
seen
To be
understood Admiration
Participation Infatuation
Purpose
Validation
To matter
Authenticity Integrity