



# ADVANCED INTEGRATION COACHING TOOLS

TRAINING PROGRAM



ELEMENTAL  
RHYTHM



# ELEMENTAL RHYTHM

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WELCOME



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## Welcome

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Welcome to our Advanced Integration Coaching Course! Over the next 12 weeks, you will be invited to challenge yourself to evolve personally and professionally. When you complete this course you will have the tools to not only continue to evolve personally but also to help your clients go deeper and help unlock their true potential.

*“All of the work we do is ultimately a journey into expanding self-awareness. Whether it be meditation, breathwork, plant medicines, daily practices, retreats, working with a coach and even all of our life experiences. The more we learn about ourselves, and understand who we truly are and what is holding us back we can begin to navigate life much easier. As we enhance our self awareness we will then have the ability to get clarity on the changes we need to make in our lives and hopefully gain the courage to integrate these new awareness into our daily lives and break free from the patterns and beliefs of our past. In this same fashion as a coach we will have the ability to hold space for our clients and in turn help our clients do the same.”*

-Gio

So prepare to embark on an illuminating journey that not only transforms the lives of others but also enriches your own understanding and experience.

An adage aptly encapsulates our methodology: "To guide others, first traverse the path yourself." As part of this program, we'll be immersing ourselves in the effects of these tools week by week. This hands-on experience not only deepens our comprehension but also equips us to authentically share the transformative potential with our clients.



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The intention of this training course is to give the certified breathwork instructor additional tools. Clients that participate in single breathwork sessions have the desire to go deeper. In collaboration with Thais Gibson, founder of the Personal Development School, we created a powerful program that is helping those clients achieve incredible results.

The Advanced Integration Coaching program is a step-by-step program designed to help clients make lasting changes in their lives by reprogramming their subconscious minds.

By combining this unique coaching strategy with the power of breathwork, clients are able uncover their own blockages. These blockages typically reside in their subconscious mind. Using the Mind Work program clients experience long lasting changes in a short period of time.

1. Through breathwork we assist our clients to have new and deepened awareness about themselves, and where their patterns or challenges may be coming from.
2. Once we identify the limiting beliefs step 2 is reprogramming the subconscious mind to believe differently!
3. We continue to help our clients navigate their inner and outer landscape, with greater clarity and assist them to continually identify and remove blockages and limiting beliefs, deepen self awareness and work on creating the life of their dreams.

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

## Integrated Coach Training Tools

1. Core Coaching Techniques
2. Creative Visioning Process
3. Limiting Belief Awareness and Integration Process



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4. Nervous System Regulation Tools
5. Somatic Processing Techniques

## Advanced Coaching Tools

1. Mindwork Process
2. Core Wound Discovery
3. Reprogramming Guided Visualizations
4. Personal Needs Exploration and Awareness
5. Shadow Work Tools

In addition to all the tools and techniques these are supported with accountability, and guidance from you as a coach. Many people struggle when they feel unsupported and alone in life and also many lack the accountability or discipline to follow through.

### **\*\*PARTNERSHIP WITH PERSONAL DEVELOPMENT SCHOOL**

*In this training course and throughout our website we incorporate many tools that were created by Thais Gibson PHD. She is also co-founder of The Personal Development School [www.personaldevelopmentschool.com](http://www.personaldevelopmentschool.com).*

*All of the exercises created by Thais will be outlined in this manual and in the additional worksheets. As part of your agreement you must reference PDS if you share any of the techniques publicly and you may not use them to create any of your own courses or coach training without prior written approval from both Elemental Rhythm and Personal Development School.*



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## **Advanced Coaching Tools Summary**

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Throughout this training, you'll be introduced to a set of advanced coaching tools designed to support deep transformation. Each tool plays a unique role in uncovering limiting patterns, bringing clarity to underlying wounds and beliefs, and reprogramming the subconscious mind. Together, they provide you with a complete framework for guiding clients through meaningful and lasting change. These new tools will build upon all the foundational tools you have learned in the Breathwork Integration Training Process.

### **MindWork Process**

The MindWork Process is a structured method for guiding clients into deeper awareness of their thoughts, patterns, and internal narratives. It provides a step-by-step pathway to uncover subconscious programming and create space for new perspectives. This process helps clients move from awareness into aligned action by shifting their inner dialogue, clarifying their goals, and strengthening their sense of self-leadership.

### **Core Wounds Process**

The Core Wounds Process focuses on identifying and reprogramming the deeply rooted beliefs formed early in life, such as “I’m not enough,” “I am unlovable,” or “I don’t belong.” By guiding clients to recognize the emotional impact of these wounds and then reframe them through targeted techniques, the process reduces reactivity and creates new emotional pathways. This work is foundational in helping clients free themselves from repeating old patterns.

### **Personal Needs Review (Uncovering Unmet Needs)**

Many of our struggles are rooted in unmet needs, such as safety, love, connection, or recognition. The Needs List provides language and clarity for clients to identify what



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they are truly seeking beneath their triggers and behaviors. By naming their needs, clients can learn to meet them in healthy, empowered ways rather than relying on old coping mechanisms. This tool is especially powerful in helping clients move from frustration or conflict into deeper self-understanding and relational healing.

## **Belief Reprocessing Tool**

The Belief Reprocessing Tool is designed to help clients challenge limiting beliefs and rewrite the stories that keep them stuck. By examining the interpretations they place on situations and asking if those stories are truly accurate, clients learn to open up to alternative perspectives. This process builds emotional resilience and allows clients to consciously choose beliefs that empower rather than diminish them.

## **Shadow Work Process (Traits & Behaviors)**

The Traits and Behaviors List is paired with a Shadow Work Exercise that helps clients recognize qualities they may project onto others or deny within themselves. By exploring both admired and judged traits, clients uncover hidden aspects of their personality and bring them into conscious awareness. This integration reduces inner conflict and supports authenticity, allowing clients to embrace the fullness of who they are.

## **Reprogramming Scripts (Belief Shifting Process)**

Reprogramming Scripts are guided practices designed to shift subconscious patterns through repetition, emotional anchoring, and visualization. They provide clients with new language and imagery that rewire the brain and nervous system toward healthier beliefs and emotional states. Scripts can be used in-session or as daily practices, offering ongoing reinforcement between coaching sessions.

## **Emotional Processing Tool**



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The Emotional Processing Tool guides clients in working through unresolved feelings and experiences. By identifying the belief beneath a trigger, questioning its accuracy, and finding alternative perspectives, clients begin to release the charge held in the body. This process creates space for new responses, fosters emotional regulation, and helps clients integrate lessons from their experiences without carrying the weight of old emotional patterns.

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Together, these advanced tools will give you additional depth in your coaching practice. Each one is designed to be used on its own or combined with others, depending on the client's needs and the flow of the session. Mastery of these methods allows you to support clients in creating deep, sustainable transformation.

## **Self Practice**

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The Advanced Integration Coaching Program is an opportunity to learn a new skill, but it will require that you go on a personal transformational journey as you experience the tools and deepen your self awareness.

Simply becoming a coach alone in itself will push you to transform as a person as each client can be like a mirror for yourself and an opportunity for self inquiry. It is important to continue your own practice as you evolve as a coach.

You will find a variety of tools as part of your Elemental Rhythm subscription. These tools are designed to support your transformational journey. You will need to experience each of these tools as a user.



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After learning the advanced Integration Coaching method, you will practice your skills with two other coaches and one additional test client over a 12 week period. You will be coached by two coaches who are also practicing their skills.

The amount of growth you will see depends on your willingness to do the work and your commitment to work through the above tools.

## **Coaching Skills**

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As a pre-requisite for this training you should have already completed Breathwork Integration Coaching with Elemental Rhythm as the core coaching skills are required to implement some of the advanced techniques you will learn in this program.

## **Coach Objectives**

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It's important to begin each coaching relationship with clear expectations and boundaries. It is your role as a coach to lead them through the Advanced Integration Coaching Program. We always want to use the Creative Visioning Process and Set Goals, get clear on intentions and the clients WHY. This process will help them unlock deeper self awareness and uncover new insights. As they complete the process they will have the tools to create long lasting change. It's your role to hold them accountable, to encourage them to do the work and to support them when it gets challenging.

## **Combining Breathwork Integration Coaching and Other Modalities**

It is recommended to ensure a clear boundary between the Advanced Integration Coaching program and any other concurrent certifications or training. This creates a more focused and impactful experience for the client.



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Many breathwork facilitators hold a variety of certifications. These modalities can greatly enhance the client's experience. However, when you're integrating the Advanced Integration coaching program with another certification or training, create a clear separation. Maintaining a distinct separation between the two aspects, perhaps in separate sessions.

## **Seeking Clarity:**

If you're uncertain about how to proceed in such cases, don't hesitate to reach out. We've meticulously designed this process with a specific intention to yield optimal results for the client.

## **Training Outline**

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The Advanced Integration Coaching program is a 3 month course. The course combines live instruction, weekly calls, practice sessions and real time support via a Whatsapp group created for you and the students in this cohort.

## **Your Requirements**

Doing the work yourself is the most important thing you can do as a coach. You can't just be guiding folks. You have to be walking the walk.

- You are responsible for completing a daily breathwork practice. You should make time to complete at least one of the MindWork tracks as part of your Elemental Rhythm subscription.
- You will be responsible for active participation in the chat group, sharing your experiences on your weekly sessions.



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- Each week you will be responsible for attending a 1-1.5 hour Zoom call. We will begin each call with a check in. You will have the opportunity to ask questions and we will explore one aspect of the coaching program further. Participation in each of these calls is critical to your learning. Each call will be recorded. If you miss a session, you will be responsible for reviewing the recording before the next call.
- Beyond the 12 weeks of calls you will be responsible for continuing your check-ins via the WhatsApp chat and start with a coaching client.

**SEE APPENDIX FOR WEEKLY CALL OUTLINES**



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## What is coaching?

Asking questions

Active Listening

Doubting goals the client set

Questioning their capabilities

Being aware of triggers

Trust the process

## What is not coaching?

Providing opinions

Providing solutions

Trusting them to learn


Uncovering hidden motivations

Dominating the conversation

Providing opinions



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THE  
TRANSFORMATIONAL  
JOURNEY OF  
EXPANDING SELF  
AWARENESS



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## Timeline Weaving

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1. **Our Past (Beliefs + Experiences + Conditioning)**
2. **Presence (The Now + Awareness of Patterns and Opportunities)**
3. **Future (Purpose + Potential + Surrender)**

### Presence

Most people are simply surviving. Running on autopilot, putting out fires, endless to do lists or maybe even none at all. In many of these cases the current goal isn't manifesting greatness, it's surviving the week. Most people are in reaction mode, responding to life's demands, meeting others expectations of what and how things should be done, leading to confusion, burnout and running in circles never making any real progress in life.

Experiences throughout life, especially childhood experiences create a subconscious subset of beliefs and rules through which many of us navigate our everyday lives.

These experiences created survival strategies that become thought patterns called **core wounds** and beliefs.

These are beliefs about parents, society, the way things work and most importantly, the self. These core wounds and beliefs drive our behaviors as our subconscious mind tries to avoid pain and discomfort that may not even really exist, but based on our experiences it feels very real and possible at any moment.



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For Example if you grew up in an environment where you had very critical parents you may have made that mean im not good enough. This belief can become internalized and projected back into your external world. You may walk into a job interview and already feel you're not good enough. You may always be trying to prove yourself to oppose this belief but outward approval is never enough or doesn't last very long. This pattern can manifest itself in all areas of life subconsciously. As these beliefs run 24/7 on autopilot subconsciously they control your everyday thoughts, actions and emotions.

## **Living a repeat of the past**

Behavior can also be driven by an attempt to meet needs that were not met as children. Need for attention, safety, love etc. As children we learned that we can not trust to have our needs met by others. We learned that other people can not be trusted to provide us with love, attention, support etc..

For example if you grew up in a situation where your family was constantly moving around you may have felt a lack of safety and control in your upbringing and as an adult you may find yourself constantly yearning for a deep sense of safety and control as one of your highest needs.

The subconscious mind and body is convinced the past will repeat itself. It is on high alert to be aware of any sign that our needs will not be met in the same way. It leads people to unconsciously avoid situations that could lead to disappointment. This avoidance guarantees these needs will go unmet or create unhealthy strategies to try to meet them.



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Some people may even be aware of their patterns but don't fully understand why they behave or react in a certain way. In order to make a real change we will have to foster a deeper sense of self awareness which requires deep reflection and inquiry which can be greatly assisted through breathwork and our signature Mind Work Process

The program also includes processes for helping clients clarify which of their needs are unmet and how to create strategies for change in their everyday lives. Clients will see how they are subconsciously preventing others from meeting their needs and build plans for lasting change.

## **Free Up Time and Energy**

As we begin to have breakthroughs and deepen our self awareness to where some of the patterns and challenges are coming from we can then shift our beliefs, truly reprogram them.

Core wounds begin to heal, limiting beliefs start to shift, and in turn a tremendous amount of energy is freed up. As the body moves out of a survival state, energy becomes available to access unlimited potential and we can truly begin to create the best versions of ourselves.

Our core wounds and unmet needs makes the subconscious feel like it knows what is going to happen next. It feels inevitable. Living from these old beliefs prevents us from seeing opportunities. These beliefs prevent us from trying new things. Core wounds lead to behaviors that block the desired result, preventing one from living to the full and boundless limits the universe provides.



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As we work on the past, and create space in the now we can help our clients to shift into their potential and purpose in a powerful way.

This is what we define as timeline weaving.

## **The Power of Surrender, Acceptance and Patience**

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In the book, *The Surrender Experiment* by Michael Singer tells his true story about the power of surrendering into whatever the universe brings. Throughout the book, Michael is tested as he encounters many situations that seem out of alignment or even negative. As time passes, we are able to see how each challenging situation led Michael to an even more powerful place.

It demonstrates that although we tend to judge current situations as positive or negative, we don't know how things are going to turn out in the long run. It's impossible to know what the long term impact of current circumstances are.

Rock bottoms and unfortunate events often create the best environment for change.

This process requires being open to possibility. Learning and growing from a place of non attachment is a challenging and powerful perspective. In the moment it can be extremely uncomfortable as ideas of how things **should** be are released and one begins to accept what **is**.

**Perspective: We'll See**



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The most powerful fables are told in variations. "We'll See" or "Maybe So, Maybe Not." is a classic story that has been adapted and retold in various cultures and contexts.

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 for 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!"*



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The man smiled to himself and said once again. “We’ll see,”

While the exact origin of this fable is hard to pinpoint, it reflects a universal truth about the unpredictability of life. It points out that our initial assessments of events to be misleading. The story revolves around the theme of uncertainty and the idea that events that seem either positive or negative in the moment might turn out differently in the long run. The story highlights the wisdom of reserving judgment and staying open to the possibilities that life presents.

Surrender doesn’t mean GIVING UP, it truly means to have patience and to be open to possibilities. We still need to be assertive and take action but not from a place of fear.

As we move from our current state of being to the new version of ourselves things will need to change, which may present itself as moving backwards or challenges but we need to stay present and remind ourselves this is part of the transformational process. As a coach it is imperative to support your clients through this journey.

## **The River of Misery - Supporting Your Client Through Transitions (transformation)**

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You will be there to encourage your client to allow things to unfold throughout their transformation. Encourage them to stay present and to be aware of new opportunities as they come. Some things need to break apart to create room for something new. The loss can be challenging. Support the client as they step into the discomfort.

Remind them to take a long range view of their situation. Remind them there are unlimited potentials. Remind them of the power of rock bottom for themselves and



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others but also remember to be conscious of what they are going through right now and be sensitive to their feelings.

As they begin to transform, they will be challenged. Old neural pathways are powerful. The client may begin to revert back to old behaviors. This is normal. Don't get discouraged. Be prepared to support your client with the tools in the Breathwork Integration Coaching Program. When we bring new awareness to an aspect of ourselves we will start to see it more (maybe even attract it more) which gives us more opportunities to challenge our beliefs and create changes in our lives. It's not always easy.

Sometimes we refer to this as the "River of misery" were trying to get to the other side but as we enter the middle of the current we start to feel (we are more aware of our Beliefs and Thoughts which result in Emotions and Actions/Reactions you will learn about this in BTEA) its important to not only stay present and not revert to old tactics of distracting ourselves or numbing with food, tv social media or drugs but be present with it so that we can create changes. You may even get excited when you start to feel uncomfortable in the future because it means it can be an opportunity for more self awareness and change.

The ego hates uncertainty even if certainty is uncomfortable or not desirable the ego will find any reason to avoid moving into the unknown. Many of us want to run back to what we know. This is where the coach can really help the client cross to the other side.



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## **Self Inquiry – Contemplation**

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What is contemplation? Why do most of us never take a moment to pause? What does it mean to pause? When we look at nature everything takes its time and things unfold naturally. Everything gets done. Even animals will take a moment to just stop, check their surroundings and environment and then continue along their way. If you have a pet, take some time to observe them. It's important we ourselves and our clients take some time to pause and reflect especially if they are caught in a thought loop. Our job is to help them bring awareness through self inquiry.

Contemplation is the space in between meditation (clearing the mind and thinking of nothing) and concentration (heavy focus on something specific). In this in between space we can reflect, ponder, inquire and expand our self awareness. We need to encourage our clients to create space for themselves to do so even if it's a few moments spread throughout the day.

**This is why we help with nervous system regulation, daily practice and reflection.**

### **Does Everything Happen for a Reason?**

This is a tricky topic and can be quite subjective. Some of the hardest experiences we encounter in life are full of gifts, lessons, challenges and opportunities for growth. Sometimes it's really difficult to see, so even if it's clear to us we need to exert patience to help our clients find their own clarity and breakthroughs in their challenges.



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One key is that each emotional response we experience as humans can be looked at as a clue that can lead us back to a belief we may hold somewhere in our subconscious mind.

## **Why me?**

In this space we can help our clients move from victim or helpless to self-inquiry. Instead of why does this always happen to me or why is this happening to me and stories like I have bad luck etc may arise we can help them shift to why is this happening for me? What lesson or learning is in this experience etc.

## **Awareness to Integration**

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Everything starts with awareness, but as we start to see what's holding us back and start to understand why we feel a certain way, and act in a certain way and start to see the patterns showing up in our lives the next step which is even harder for most is the integration aspect. This is where we break the mold, have the difficult conversations, set boundaries and really make changes that will truly transform our lives. As a coach, holding our clients accountable and helping them to integrate their new found awareness is one of the most powerful things you can do as a coach.



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CORE  
CONCEPT 1:  
BTEA - A HIGH  
LEVEL MAP



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## Behaviors - Thoughts - Emotions - Actions

*The following tool is adapted from the Personal Development School and is used with permission. When sharing these tools publicly including online social media posts please reference PDS accordingly.*

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Most efforts to change behavior revolve around altering behaviors. These attempts prove ineffective. The key to lasting change lies in changing one's beliefs.

Actions are driven by emotions.

Emotions are driven by thoughts.

Thoughts are driven by beliefs.

**Beliefs** - A person's beliefs form the foundation for how they perceive and interpret life. When something happens to them, a belief forms. Most beliefs are formed in childhood and those core beliefs become the lens through which one will perceive their reality.

YOUR BELIEFS ARE THE LENS THROUGH WHICH YOU SEE THE WORLD. IN ORDER TO CREATE LONG LASTING CHANGE WE NEED TO IDENTIFY, CHALLENGE, AND CHANGE OUR BELIEF SYSTEM

**Thoughts** - Life is experienced through the lens of their belief system. People interpret what's happening around them and have thoughts about what they think they are experiencing.

Thoughts influence **emotions**. If they think something is scary, they feel fear.

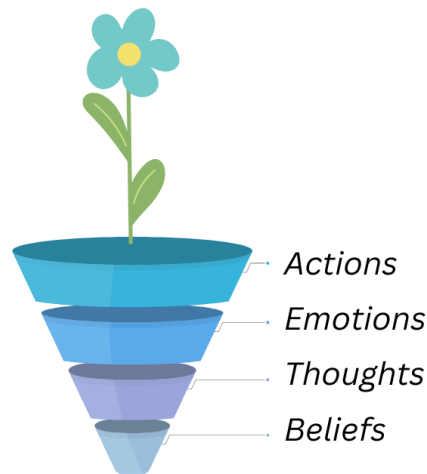
Emotions inspire them to react or take **action**.

Beliefs > Thoughts > Emotions > Actions



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As their beliefs change, everything else changes in turn... and they grow.




## **The Reticular Activating System (RAS)**

The RAS is an interesting part of the brain that developed as a survival mechanism. It's basically there to help you search your environment for threats or safety based on the beliefs you have acquired mainly in childhood with its primary outcome is looking for survival. So even if you had a bad experience as a child but the outcome was survival your RAS may be looking for that experience. It also reinforces our thoughts, so when you think about something your RAS thinks it's something you may want or desire or need for survival so it will go out looking for opportunities to reinforce whatever beliefs exist or are programmed into it. Think of when you are looking to buy a new car (black volkswagen) all of a sudden you see them everywhere, parked, driving etc.



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CORE  
CONCEPT 2:  
UNDERSTANDING  
THE SUBCONSCIOUS  
MIND



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## **What is the subconscious Mind?**

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The subconscious mind is made up of memories, beliefs, fears that become maps of reality. These maps of reality affect our perspective, the options we are aware of. It's often called the schema or subconscious program. Subconscious programs are the mental framework that organize, process, and store information about the environment. This is the framework for understanding what we are experiencing in the world. It's through these schemas or subconscious programs that influence how we interpret new experiences. We are living our current realities through the lens of pre-existing schemas built in the past.

The subconscious mind remembers what happened in the past and it does its best to protect you from getting hurt or embarrassed etc. Remember, the subconscious mind is not trying to sabotage you. It is trying to protect you from getting hurt, embarrassed or let down.

The subconscious is very powerful. Without your awareness, it can direct the course of your actions based on these subconscious programs. The subconscious mind cannot be out willed or overpowered. You can not make the conscious choice to change behavior, it is the subconscious mind that runs the show.

### **Example: New Year's Resolutions**

When people make a New Year's resolution, most people are able to use their willpower to continue the new behavior for 2 weeks or so. After that their behavior often reverts back.



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When the subconscious is programmed for a set of beliefs and behaviors that are limiting, those beliefs will affect how hard you try, the opportunities you see and what you believe is possible for yourself.

For example,

Joe wants a new job but his subconscious has been programmed with repetition and emotion to believe he is a failure. Joe will self sabotage himself and their efforts to get that new job. If Joe doesn't believe he is worthy—he will believe it and act as if that is true.

## **Feeling stuck?**

Feeling stuck often happens when the conscious mind and subconscious mind are opposing each other. The person desires change, but keeps reverting back to old behaviors and can't seem to make it happen.

*Consider times when you have self sabotaged, or had trouble sticking to your goals. It may not be because you lack willpower.*

Lasting change can occur only when the subconscious mind has a new, more adaptive program. When people are able to reprogram the subconscious mind so that it is in alignment with conscious choice is when people experience being in the flow and feeling connected to their purpose.

**REMEMBER:** The subconscious mind is not trying to sabotage you but if it believes something (has an old survival or protection program) it will try to protect you from getting hurt or embarrassed etc.



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## Characteristics of the Subconscious Mind

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- The neural pathways that drive subconscious behaviors can be programmed or reprogrammed at any time.
- The subconscious mind can be reprogrammed with repetition. It takes time to reprogram the neural pathways.
- The subconscious mind can be reprogrammed more quickly using imagery and emotion.
- The subconscious mind learns more quickly through repetition and emotion.
- Combine repetition, emotion and imagery combined and the subconscious mind can be reprogrammed very quickly.
- The subconscious doesn't hear negatives very well (ex. I am not unworthy vs I am worthy).

## The Ironic Processing Theory & Positive Affirmations

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The Ironic process theory, or the white bear problem, is a psychological process. Deliberate attempts to suppress thoughts make them more likely to surface. For example, if someone is actively trying not to think of a white bear they are more likely to imagine one.



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Using affirmations that use the negative terms are ineffective and may produce the opposite result of what you are intending to receive..

For example, “I am not sick” is likely to produce thoughts or imagery of being sick.

Whereas, “I am healthy and thriving” brings awareness to good health.

## **How the Subconscious Mind Learns**

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We all acquire our subconscious programs through the following:

- We learn from what we SEE. We learned from the behavior that is modeled to us. Our parents and teachers form our first programs. For example, when we hear our parents fight, we learn to communicate in that way.
- We learn from what we EXPERIENCE. Our first-hand experiences teach us what is expected of us and what we can expect from the world. For example, when someone is bullied in school, they often believe they are unsafe and not good enough to be accepted by others.
- We learn from what HEAR. When we hear things repetitively, we believe they are always true. For example, when kids grow up hearing “we don’t have enough money” they struggle with finances and an abundance mindset as adults.

Together these create neural pathways in the brain.

These pathways are strengthened in three ways.



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1. **Repetition**-When we experience something over and over again, the brain believes it is inevitable. It takes time to build this neural pathway.
2. **Emotion**- Experiencing emotion is stronger and more impactful than repetition. It takes time to build a neural pathway using repetition. However, experiencing something with emotion once, builds a neural pathway instantly. This is why traumatic events make such an impact on the brain.
3. **Imagery**- Imagining that something will happen over and over again strengthens the neural pathways in the brain. Each time a potential disaster is rehearsed, emotions are felt and the pathway goes deeper.

## Reprogram the Subconscious Mind With Imagery and Emotion

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The subconscious mind does not communicate through words. Talking the mind out of something doesn't work. Realizations occur when the subconscious is able to visualize a different outcome. Seeing is believing. The visualization becomes proof that a different outcome is possible.

If someone believes they are not good enough, you can't talk them out of it. You can't tell them with words they are good enough. The Mind Work program connects the client to a memory when they experienced themselves being good enough. As the coach guides them through the memory, the client is encouraged to notice the feelings or sensations as they remember the experience.

Feelings are usually contained within a memory. Connect the client to the positive experience and the emotions they experienced. These feelings become proof they are



# ELEMENTAL RHYTHM

good enough– the opposite of their subconscious program. The mind builds a new neural pathway. The mind is changed and behavior will follow.

## **How long does it take to reprogram the Subconscious Mind?**

Studies on neuroplasticity have shown it takes approx 21 days to change your brain and create new neural pathways with consistent work.

## **There are no such thing as Idle Thoughts**

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Everything that goes on in the mind impacts neural programs. The subconscious mind can't be reprogrammed if the mind is engaging in thought that reinforces the old pathway.

Invite the client to become aware of their internal dialogue. Encourage the client to pay attention to how they talk to themselves throughout the day. If they are working on believing they are lovable, encourage them to notice when they tell themselves they are not loveable throughout the day. Invite them to notice how they are breathing when they are experiencing negative self talk.

## **Breath Pattern Interruption Strategy**

Use the Breath Pattern Interruption Strategy to teach clients how to take control of thoughts and emotions. The Breath Interruption Strategy was derived from Neuro Linguistic Programming strategies.



## ELEMENTAL RHYTHM

At regular intervals throughout the day, pause for a moment. Take a deep few breaths and bring awareness to self talk. Identify the thoughts. Slowly exhale, relax the body. Identify the opposite of the self talk. Replace the thought with a positive statement and think of a memory to reinforce that the opposite is true.

For example, the client makes a mistake at work. They notice their internal dialogue echoing, “I’m a failure”. They take a few deep breaths. Next they identify the opposite thought as “I am successful” and recall a time they succeeded, disproving the thought.

Encourage the client to use this strategy to interrupt negative thoughts.



ELEMENTAL RHYTHM



CORE  
CONCEPT 3:  
THE MIND  
WORK PROCESS



# ELEMENTAL RHYTHM

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## **Why it Works**

Combining Breathwork + Subconscious Reprogramming Tools = Elemental Rhythm  
Mindwork Process

You are more likely to think an old thought rather than a new one. Our repetitive thoughts, actions and feelings build neural pathways in the brain. This network of neural pathways becomes the foundation of the subconscious mind. Changing your life requires that you change your mind, starting with your beliefs about yourself and the way you perceive the world. Changing your mind requires you rewire the neural pathways in the brain.

Neural pathways are created in the brain two ways. The first is through repetition. Experiencing the same thing over and over again tells the brain that's how it can expect it to happen. It takes time to program the brain using repetition. Experiencing something terrifying once creates an immediate pathway in the brain. We will use emotions to build positive neural pathways in the brain.

The subconscious mind experiences a powerful visualization the same way it does when it lives through an experience.

The fastest way to reprogram the subconscious is to combine repetition, emotion and visualization.



# ELEMENTAL RHYTHM

## **Reprogramming the Subconscious Mind**

**Repetition** – The most common way to reprogram the subconscious mind is to use repetition to create new pathways in the brain. Empower your client with tools from the [www.elementalrhythm.com](http://www.elementalrhythm.com) subscription. Show them how to use the tools to help them reach the maximum benefit from their practice and incorporate it daily.

**Emotion** – Repetition plus emotion is a faster way to reprogram the subconscious mind. Utilizing breathwork and guided meditation, drop into a deep emotional and meditative state. Exploring core wounds becomes easier and bringing awareness to unmet needs comes more naturally. As clients become more connected and aware of their emotions, they begin to feel differently as they begin to create change within themselves. Shifts become more apparent as daily practice is integrated, and they become more aware in real time of what their emotions are communicating to them and the patterns in their life that need to change.

**Brain Waves** – Deep breathing breaks the cycle of stress and promotes alpha brain waves. Alpha waves that cycle at the frequencies of 8-12 Hz and are classified as a state of relaxation.

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



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Alpha brain waves are present when you're slipping into a lovely daydream or during light meditation. They create the optimal environment to program the mind for success. They heighten your imagination making it easier to engage in guided mediation. They make it easier to access memories, to learn and concentrate.

## **The Power of Breathwork**

The default mode network is an area of the brain that is responsible for self reflection and thinking. Studies have found increased activity in the default mode network during maladaptive rumination. Increased activity in this part of the brain is positively correlated with anxiety and depressive symptoms.

Breathwork has been scientifically proven to slow down blood flow to this part of the brain. Breathwork helps clear the mind and can allow for deeper penetration into the subconscious mind.

Some believe the default mode network is where the ego resides. After completing Elemental Rhythm breathwork and this area of the brain reduces in activity, over analysis subsides, the defenses drop. You'll guide your clients even deeper as they explore old neural pathways, reprogram them and transform at deep levels.



# ELEMENTAL RHYTHM

## The Mindwork Process Outline

*The following tool is adapted from the Personal Development School and is used with permission. When sharing these tools publicly including online social media posts please reference PDS accordingly.*

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We have created scripts in each of the 7 areas of life and also an outline for you to follow below to create your own scripts for your clients.

1. Identifying the challenge/blockage
2. Identifying what needs to change
3. Feeling the change
4. Taking action
5. Anchor in the new you

Progress does not happen in a straight line and neither does the coaching process. You might find yourself repeating a step for several sessions before moving to the next step or revisiting previous steps as new things come up. See the Case Studies for examples of how this process could work out in real time.

See Mindwork Scripts document PDF For the complete Mindwork Outline and Additional Scripts



ELEMENTAL RHYTHM



CORE  
CONCEPT 4:  
CORE WOUNDS  
AND BELIEFS



# ELEMENTAL RHYTHM

## What is a core wound / Belief?

*The following tool is adapted from the Personal Development School and is used with permission. When sharing these tools publicly including online social media posts please reference PDS accordingly.*

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Below is a list of negative beliefs commonly held by human beings from all walks of life. These beliefs are painful imprints/interpretations of previous traumas and painful experiences. These beliefs become the basis for the stories we tell ourselves at a subconscious level. They are the lenses we see our lives through. Our subconscious mind may even deem some of these beliefs as positive because in a past experience we may have survived a traumatic event and felt this way so it is associates the belief with survival (the ultimate goal of the subconscious mind) and you may find yourself falling into subconscious patterns repeating old or destructive habits. It is almost impossible to break these patterns at a conscious level. Here is the list of the most common core wounds:

I am bad	I am weak	I am unsafe
I am stupid	I am unworthy	I am disliked
I don't matter/I'm unimportant	I am abandoned/I'm alone	I am unloved
I am unseen/ I'm unheard	I am helpless	I don't belong
I am disconnected	I am disrespected	I am rejected
I am powerless/I have no control	I am misunderstood	I am trapped/stuck



# ELEMENTAL RHYTHM

## The PROCESS

**Finding the Core Wound-** Once you Identify a negative emotion or situation with your client, we can trace this emotion back to a core wound or belief.

Show them the list of core wounds or read the list to see if they resonate.

Keep asking the following until you get to the core wound. Repeat if necessary.

- *What meaning are you giving this situation?*
- *What are you afraid will happen?*
- *Why is that bad?*
- Rotate these questions until you get to the root...

## Confront the Belief with Truth

Support your client by challenging this core wound. Help the client to see there are many potential reasons the situation occurred that are not related to their core wound.

Either use a current situation they are working through or allow them to select a new scenario to work through.

- *Call to mind a time when you felt (insert core wound).*
- *Did this situation prove that you are \_\_\_\_\_ (insert core wound)?*
- *What other things could have contributed to this situation that are not because you are (insert core wound)?*



# ELEMENTAL RHYTHM

- *Confront your beliefs about the situation at hand. Is it true? Do you know this for sure? Find 2-3 Pieces of Evidence that support the opposite.*

Use examples from your session to customize the experience. This might sound like,

*Could your separation from your husband be happening for any reasons other than because you are an unlovable person? Is it possible you are at a different place in your life? Perhaps the relationship isn't making either of you happy.*

## **Oppositional Truth**

Help your client find proof that the opposite is true. For example, if they believe they are unloved, help them find proof of love. Start small. Remind them their dog loves them, their family loves them, their kids and friends love them.

Help the client brainstorm characteristics that make them worthy of love.

---

## **Here's an example of the exercise for your clients:**

1. Your partner doesn't call back when they said they would.
2. You make this mean that your partner isn't paying enough attention to you, sending you further down the rabbit hole that they don't care about you.
3. Why is that bad or scary? My partner doesn't love me (BELIEF) What are you afraid might happen / what does it mean to you? MY partner is going to leave me (Belief) Why is that bad? I am going to be alone (Core Wound) This same example could go to I am unseen or I am not important etc.
4. You realize that you cannot be 100% certain that your partner does not love you.



## ELEMENTAL RHYTHM

5. You remember when they said they loved you this morning; they also brought you flowers last week and made sure to text you when they were running late from work.
6. You decide to have a conversation with your partner to let them know what came up for you and to strategize together around how to avoid a similar situation in the future.

### **Daily Belief Reprogramming / Routine with Autosuggestion**

*The following tool is adapted from the Personal Development School and is used with permission. When sharing this tool publicly please reference PDS accordingly.*

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This exercise aims to deeply reprogram the core wounds through repetitive emotional rituals – Autosuggestion.

For example, if the core wound is "*I am not good enough*", the opposite of that core wound to use for the Autosuggestion ritual would be "*I am doing enough*".

Here's how to do the exercise:

1. Do this first thing in the morning or last thing at night when your mind is more suggestible. **Also we recommend doing a few rounds of breathing which will help create a more suggestible state. Choose any track from our website or you can even do your own breathwork or find the appropriate belief shifting track for each core wound/belief.**
2. Find 5-10 examples of where, why, and how you are doing enough (*this will change depending on the core wound*). You can use the reprogramming scripts to help or have the client listen to a recorded session.
3. Check in with the seven areas of life to find 1-3 more examples.



## ELEMENTAL RHYTHM

4. Try to feel the emotion in your body and anchor it into the nervous system when thinking of your response. (You can also write them down in your journal daily as well)
5. Repeat this exercise for 21 days in a row to develop new habits and create neural pathways in your subconscious mind.

### **Here are examples:**

- I was "good enough" in my emotional area today when: "I checked in my emotions throughout the day".
- I was "good enough" in my relationship area today when: "I responded to my partner's texts".

**Now, while these exercises may take some time at first, they're actually very simple to learn and easy to master. It just takes practice and patience.**

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### **Integration**

Help your client integrate reprogramming the core wound into a daily practice. Remind them to confront the belief with truth when they notice this core wound come up.

Remember reprogramming is repetition + emotion. So daily breathwork with integrating proof of the opposite of their belief, or strategies to oppose their beliefs are very important.

Encourage your client to write in journal proof that the opposite of their core wound is true.



# ELEMENTAL RHYTHM

The following week you can utilize one of the Subconscious Reprogramming scripts to help the client reprogram this old belief. Record this session so they can listen to it over and over again. Over time, repetition will create new neural pathways in the brain allowing the wound to 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.

## **Using BTEA to Find a Core Wound**

Another effective technique to discover a core wound is using the BTEA approach. Start with E (emotion) or even A (actions) in some cases. What is a negative emotion you felt recently? A time you were triggered?

Once identified, reflect on the thoughts associated with that feeling or the situation that occurred.

Finally digging a little deeper, what are the beliefs that triggered those thoughts? Are they true? Keep questioning until you uncover the Core Belief.

## **Core Wound Recap**


- Core wounds are the bottom rung of the ladder.
- Stories or fears that people have can be unpacked to core wounds.
- People will have a core wound they will navigate their whole life around. (a means of self protection)
- All core wounds are beliefs but not all beliefs are core wounds.
  - Ex. I am a burden is a belief not a core wound.
  - Ex. Afraid I will get fired -> I won't be able to pay my bills -> I am unsafe



# ELEMENTAL RHYTHM



ELEMENTAL RHYTHM



CORE  
CONCEPT 5:  
UNCOVERING  
UNMET NEEDS  
PROCESS



# ELEMENTAL RHYTHM

## Uncovering Unmet Needs Process

*The following tool is adapted from the Personal Development School and is used with permission. When sharing these tools publicly including online social media posts please reference PDS accordingly.*

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This process is designed to help your client uncover the needs they have that are not being met currently or in the past.

All human beings have basic needs. When these needs go unmet over and over again as children, they create subconscious programs in the mind. These subconscious programs drive behavior in many ways.

So what happens when you have an unmet need?

For example if Sally has an unmet need for emotional connection she may find herself starting arguments with people. The mind doesn't care about getting the need met in the best or healthiest way possible but rather the fastest way possible.

In Sally's relationship if her and her partner are having a really busy week and have not had much connection she may subconsciously start bickering or complaining which will emotionally engage (any emotion really) with her partner although it's not healthy the subconscious mind is just looking to meet this need regardless of the overall outcome. In some situations it may even seem to be detrimental to the long term health of the relationship.

This is because the subconscious mind is survival based and just wants its needs met as soon as possible. When we can engage the conscious mind through a deeper level



# ELEMENTAL RHYTHM

of self awareness we can pause on our impulses, realize where the emotions are coming from and use a strategy to connect in a healthier way.

## The Process

**Step One: Review Needs List** – Review the needs list in the appendix with the client. Read the list aloud to them, or give them the list and allow them to identify any that stand out. Note any needs that stand out to the client.

**Step Two: Rank Needs** – Invite the client to think about these needs that stood out. Ask them to consider how fulfilled they feel in each of these areas. Score each on a scale from 1-10. This ranking is to discover which needs are most important to your client.

**Step Three: Score Needs** - Out of your top 10 needs next ask them to score each one. This score is a reflection of how well each of these ranked needs is being met right now. IMPORTANT: Higher ranked needs are more important to start with and be met than a lower ranking need with a lower score.

**Step Four: Create Strategies** – Help the client to get creative to come up with potential strategies for new ways to help the client meet their needs.

- *What other ways can you have these needs met? Are there any other people who meet these needs? Can you meet these needs for yourself?*
- *Think of out of the box strategies for meeting these needs.*



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*For Example: If emotional connection is a high ranked need, some people may watch TV or a series non stop and feel connection to the characters in the show. It would fulfill the needs quickly but is not a good long term strategy to really feel connection. A better strategy would be to meet with actual friends more often or have a conversation with a loved one.*

### **The Connection Between Unmet Needs, Core Wounds and Current Behavior**

- Unhealed core wounds can magnify the unhealthy expression of unmet needs, like acting out.
- Often the strategies used to meet these needs can lead to illogical, drastic or unhealthy choices.
- When someone is triggered or in survival mode they are less likely to come up with healthy, creative strategies to have their needs met.
- Unhealed core wounds lead to unhealthy behavior and by just focusing on needs without healing the core wound is only solving one part of the problem like a bandaid solution and won't change things long term in most cases.

Often called a self fulfilling prophecy, an unmet need can cause one to avoid situations in an attempt to reduce pain and suffering they are experiencing. By avoiding potential situations where our needs could not be met, the client prevents the need from being met.

For example, if someone feels like they are not getting enough love, they may have developed a belief that they are unloveable. To prevent being hurt, the person avoids



## ELEMENTAL RHYTHM

situations where people may not love them. By avoiding these situations, they avoid disappointment AND are guaranteeing they won't receive love.

As the client heals the core wound, they will feel more empowered to access the need without fear. This allows the client to express their needs in healthier ways. The client can think of new ways to have their needs met and feel confident that if they seek them out, their needs will be met.

As core wounds heal it will become easier for the client to work on other unmet needs, create strategies and be more optimistic about their abilities to have their needs met.

### **Example**

*Core Wound-* The client had an authoritarian parent that didn't allow them to do anything as a child. They felt trapped.

*Unmet need-* Client developed the need for freedom and autonomy. They became rebellious in an attempt to meet their unmet need for freedom. The client develops unhealthy behaviors as a way to create space.

*Healing-* When the client heals the wound or belief they will still have a love of freedom but express it in a healthy way. They will be less triggered or emotional when their sense of freedom becomes threatened.

For example they may communicate to the people in their lives when they need space in their lives rather than just pushing their partner away in an angry way because they were feeling trapped.



# ELEMENTAL RHYTHM

## **Incorporating Into Breathwork Sessions**

The Uncovering Unmet Needs Process is a supplemental tool to be used in conjunction with the Mind Work Process. The process can be completed at any time that feels right, but often occurs after Step 3.

When the Uncovering Unmet Needs Process is done in the same session as a Mind Work step, the process will be shortened and will happen either before or after the Mind Work.

The Uncovering Unmet Needs Process can be done in the same session as one of the Mind Work steps or can be completed with breathwork and a meditation in a stand alone session.

If the Uncovering Unmet Needs Process is completed in its own session, complete 2-4 rounds of Elemental Flow and follow with the Uncovering Unmet Needs Script below.

## **Uncovering Unmet Needs Script**

Allow the beginning of the meditation to be vague. Allows for subconscious thoughts to come into awareness.

As the mediation continues, use specific examples from previous sessions as prompts. Give plenty of time for the client to explore. Use your intuition. Find the balance between leaving the prompts open ended and using specific examples.



# ELEMENTAL RHYTHM

## Script

*Think of a time when your needs were unmet. Perhaps this was a time where you felt deeply upset or emotional. Perhaps you felt unfulfilled in an area of your life.*

*As you recall this experience, do you notice any needs that were going unmet? How did you feel? What sensations did you notice?*

*Allow yourself to experience these sensations. Where are you feeling them in your body? What do you notice?*

*Is there anything coming up for you?*

*Are these needs being met now? Are there other ways you can have these needs met? How would it feel to have this need met?*

## Client Inquiry

After the breathwork and guided meditation, allow the client time to journal about their experience. Allow them a chance to share. Repeat the above prompts and ask them how they feel and if anything came up.

Then ask them any of the following questions and use intuitive questioning.

- *What would you need to feel relief?*
- *What would you need to feel better?*
- *If you can change the circumstance, what need would you meet?*



# ELEMENTAL RHYTHM

## **Life Work:**

Encourage your client to journal about times they noticed this need went unmet in their lives. Encourage them to be aware of how these unmet needs are showing up in their lives currently.

## **Fear in Relation to Core wounds and needs**

### **A saying you may have heard:**

“If you are depressed you are living in the past. If you are anxious you are living in the future.” -Lao Tzu

“Your unresolved past is actually projected into the future and you are experiencing it in the now.” is a better interpretation of this saying.

### **For example, in relation to needs:**

If someone took away your need for certainty in the past you may have a fear of that happening again in the future. So you can project your unmet need from the past into the future. It hasn't happened yet so you will feel that now.

Any threat of certainty being taken away, whether its real or perceived, will trigger an emotional response of fear.

### **In relation to core wounds:**

If you felt trapped or unsafe in the past you may project that possibility into the future. It's your perception of the potential of that happening. Your subconscious will have these protection programs always running (the lens through which you see the world) so you project your past on the potential outcomes in the future.



# ELEMENTAL RHYTHM

As we change our beliefs, the lens through which we see the world will change and therefore we won't feel those same reactions to the things that triggered us in the past.

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## Shadow Work Exercise – Turning Triggers into Transformation

### Why Do Shadow Work?

Shadow work is not about fixing what is broken — it's about reclaiming the parts of ourselves we've disowned. Triggers act as breadcrumbs from the unconscious, leading us toward hidden beliefs, unmet needs, and suppressed traits that hold the key to deeper freedom, authenticity, and emotional mastery.

Shadow work is the process of using emotional triggers as mirrors to discover the traits, core wounds, and unmet needs within ourselves that are asking to be seen, healed, and integrated. Instead of projecting our discomfort onto others, we use it as fuel for self-awareness and emotional liberation.

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### Key Definitions

To do powerful shadow work we first must understand the energy behind what we are reacting to. This begins by separating *what someone is doing* from *what that behaviour represents* on a deeper, psychological and energetic level. The conscious mind might be annoyed at the surface behaviour — but it's the unconscious mind that is reacting to the *trait* that behaviour represents.



## ELEMENTAL RHYTHM

Before diving into triggers, it's important we speak the same language. These definitions help us accurately locate *what* is being activated in us — and *why*.

**Trait** – A recognizable quality or characteristic of a person's personality or energy (e.g. confident, reckless, selfish, generous, controlling). Traits are not inherently good or bad — they only become triggering when they bump up against something disowned in ourselves. (e.g. confident, reckless, selfish).

**Behaviour** – The *visible action or expression* of a trait. Behaviours are what we can observe externally (e.g. bragging, interrupting, driving fast), but they only become meaningful when we identify the underlying *trait energy* behind them.

**Need** – A psychological or emotional requirement we have in order to feel safe, loved, valued, or authentic. Needs are not traits — they are experiences we seek to receive or fulfill. Examples include the need to feel seen, respected, protected, included, appreciated, or understood. When unmet, needs often drive the emotional charge behind a trigger.

**Trigger (Shadow)** – An emotionally *charged reaction* toward a trait someone else is expressing. Triggers are messengers from the unconscious, signalling that this trait (or what it represents) is unresolved or disowned within us. They show up as irritation, jealousy, anger, judgement, or discomfort – not because of the behaviour itself, but because of what it mirrors back to us.

**Core Wound** – A deeply embedded, emotionally *charged belief* about oneself that forms in childhood or through impactful life experiences (e.g. "I'm not enough," "I'm unsafe," "I'll be abandoned"). Core wounds are often created in moments when our needs were not met or when we interpreted an event as evidence that something was wrong with us. These unconscious beliefs shape our behaviours, expectations, and reactions — and are often at the root of our strongest triggers. (e.g. "I'm not enough," "I'm unsafe," "I'll be abandoned").



# ELEMENTAL RHYTHM

**Important Reminder:** All traits are neutral — it's our *relationship* to them that makes them feel positive or negative.

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## Discernment vs Trigger

Before labeling a reaction as “shadow,” it's important to recognize the difference between *healthy discernment* and a *shadow-based trigger*. We are not meant to accept all behaviours or allow harmful people into our space — boundaries are still essential. Shadow work is only activated when there is a **charged emotional response** to a *trait*, not simply a logical decision to step away.

- **Discernment** – A grounded, neutral decision made from clarity and self-respect. It helps you stay safe, preserve energy, and make aligned choices (e.g. calmly stepping back from someone whose behaviour is not in integrity).
- **Trigger** – A charged emotional reaction (such as anger, jealousy, disgust, annoyance) toward a *trait* in someone else. Triggers involve projection and carry a personal “sting,” revealing something within ourselves that is unintegrated, repressed, or in need of healing. (anger, annoyance, jealousy, disgust) to a *trait* in someone else, signaling shadow material within.

## Example 1 – Loud Drunk Person at a Bar

- **Discernment:** You quietly move away from someone who is slurring, bumping into others, and spilling drinks → you feel neutral but want to protect your space.
  - **Trigger:** You feel *angry*, “grossed out,” or *judgmental*, thinking “People like that disgust me!” → the **emotional charge** suggests a shadow around loss of control, shame, or rejection of your own ‘wild’ side.
-



# ELEMENTAL RHYTHM

## Example 2 – Cancelling Plans

- **Discernment:** A friend consistently cancels on you last minute → you decide to stop making plans with them to protect your time and values → neutral decision.
  - **Trigger:** You feel *outraged* and betrayed: “I *hate* flaky people... they’re so selfish!” → strong emotional charge may point to a shadow around abandonment, unmet need to feel priority, or where *you* are flaky with yourself/others.
- 

## Example 3 – Seeing Someone Buy a Luxury Car

- **Discernment:** You note it’s not your value to spend money that way and carry on → no emotional heat.
- **Trigger:** You feel *annoyed, jealous*, or quickly think “They must be shallow or arrogant” → emotional reaction reveals a shadow around your own relationship to wealth, success, or worthiness.

## Example 4 – Co-worker Dominating a Meeting

- **Discernment:** You recognize the meeting is not being run effectively and suggest moving on to the next agenda item → clear action, no emotional overwhelm.
- **Trigger:** You feel *irritated, rolled-over, or judgmental*: “They always need to be the center of attention” → indicates a shadow around your own suppressed desire to speak, be seen, or discomfort with confident expression.



# ELEMENTAL RHYTHM

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## The 3 Shadow Questions (Once You Identify a Trait)

Once a triggering trait has been identified, these three questions act as a spotlight to reveal where that energy already lives inside of you in conscious or hidden form. This is not about blame — but about radical self-honesty and reclaiming power.

1. Where do I do this to myself?
  2. Where do I do this to the person I'm judging?
  3. Where do I do this to others (perhaps hidden or unconsciously)?
- 

## Step-by-Step Shadow Work Process

Think of this as your roadmap for turning everyday emotional reactions into powerful inner revelations. Each step is designed to move you from automatic reactivity into conscious awareness and ultimately to integration.

**Step 1:** Observe and name the *behaviour* that triggered you. What specifically happened in the moment you felt the charge? (e.g. someone bragging, interrupting, being late).

**Step 2:** Identify the *traits* you perceive behind that behaviour. Ask yourself, “What personality trait does this behaviour represent to me?” (e.g. arrogant, selfish, disrespectful).

**Step 3:** Rank the traits from *most to least emotionally charged*. Which one brings up the strongest energy in you?



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**Step 4:** Ask the 3 Shadow Questions about the *top trait*. Be honest — where does this trait live in your life, even subtly?

**Step 5:** Reflect — is this trigger pointing to a deeper *core wound* (e.g. I am unworthy) or an *unmet need* (e.g. to feel valued or safe)?

**Step 6:** Integrate. Gently sit with your findings. Notice where this pattern shows up in your life. Use breathwork, journaling, somatic processing, or mindwork to neutralize the charge and reclaim that piece of yourself.

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## Example 1 – Material Status Symbol Trigger

**Behaviour:** A woman walks in loudly flaunting a Gucci purse, speaking loudly about what she owns.

**Triggered Traits:** show-off, attention-seeking, arrogant.

**Reflection:** Often what we label as “showing off” may mirror our own hidden desire to be seen, validated, or admired. When we reject that trait in others, it can signal that we may suppress our own need to be acknowledged or fear being judged for success.

→ Where do I crave admiration but downplay myself?

→ Where do I secretly judge others while wanting the same attention?

→ Where do I dismiss others’ successes because I doubt my own?

**Behaviour:** A woman walks in loudly flaunting a Gucci purse.

**Triggered Traits:** show-off, obnoxious, arrogant.

**Most Charged Trait:** show-off.



# ELEMENTAL RHYTHM

- Where do I “show-off” in my own life?
- Where do I “show-off” toward her/the person I judge?
- Where might I “show-off” secretly with others?

## Example 2 – Road Rage Reflection

**Behaviour:** A driver speeds past you dangerously, cutting you off.

**Triggered Traits:** reckless, impatient, disrespectful.

**Reflection:** Anger toward impatient behaviour often points to places we rush ourselves internally, push too hard, or ignore our own boundaries. Alternatively, we may resent how freely others break rules when we constantly self-restrict.

- Where am I reckless with my body, time, or energy?
- Where do I ignore my own needs trying to ‘keep up’?
- Where do I judge others’ freedom because I haven’t given it to myself?

## Example 3 – Overly Talkative Colleague

**Behaviour:** A co-worker constantly dominates conversations without letting others speak.

**Triggered Traits:** inconsiderate, opinionated, attention-hog.

**Reflection:** Feeling irritated may reflect suppressed parts of us that desire to express more but stay quiet to be liked, or fear being seen as “too much.”

- Where do I silence my voice to avoid judgment?
- Where do I wish I spoke up more boldly?
- Where do I unconsciously take up space and not notice others?

## Example 4 – Social Media Influencer Authenticity Trigger



## ELEMENTAL RHYTHM

**Behaviour:** A wellness influencer promotes a perfect lifestyle online while you know behind the scenes they behave differently.

**Triggered Traits:** fake, dishonest, hypocritical.

**Reflection:** The trigger can highlight areas where we struggle with our own integrity — pretending, performing, or hiding truths out of fear that our “real self” won’t be accepted.

- Where am I not fully authentic in my public persona?
- Where am I hard on myself for not being perfect?
- Where do I mask parts of myself to fit in?

**Behaviour:** A driver speeds past you dangerously, cutting you off.

**Triggered Traits:** reckless, impatient, disrespectful.

**Reflection:** Anger toward impatient behaviour often points to places we rush ourselves internally, push too hard, or ignore our own boundaries. Alternatively, we may resent how freely others break rules when we constantly self-restrict.

- Where am I reckless with my body, time, or energy?
- Where do I ignore my own needs trying to ‘keep up’?
- Where do I judge others’ freedom because I haven’t given it to myself?

**Behaviour:** A driver speeds past you dangerously.

**Triggered Traits:** reckless, impatient.

- Where am I reckless with myself? (e.g. health, finances)
- Where am I impatient with myself or others?

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## Integration – Bringing the Shadow into the Light



# ELEMENTAL RHYTHM

Awareness is the first doorway, but integration is where shadow work actually transforms us. Integration means gently reclaiming the trait we have rejected — owning where it lives within us without judgment — so we become less reactive and more whole. This is not about forcing change or suppressing emotion, but allowing what was unconscious to become conscious so we no longer have to project it outward.

Once you become aware of the shadow trait within you, pause and breathe. Can you meet that part of yourself with curiosity instead of shame? Often, the moment we witness the pattern without judging ourselves is when the trigger begins to dissolve.

Suggested Integration Practices:

- **Somatic awareness:** Locate where the trigger lives in your body and breathe into it
- **Compassionate dialogue:** Speak to the disowned trait as if it were a younger part of you asking for acknowledgment
- **Embodiment:** Practice bringing that trait online in a healthy way (e.g., if you are triggered by “arrogance,” practice confident self-expression rather than dismissing yourself)
- **Journaling:** Write about moments you’ve judged others for this trait, and moments you’ve suppressed or hidden it in yourself

Integration turns triggers into teachers and returns the energy you once spent judging others back into your own personal power and authenticity.

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## Going Deeper

If a strong trigger is linked to a painful memory or pattern, explore:



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- Is there a **core wound** underneath (e.g. I am unsafe, unloved, not good enough)?
- Is there an **unmet need**? (e.g. need to feel seen, accepted, protected) These can then be targeted with a **mindwork / reprogramming session**.

The external trigger becomes a perfect mirror reminding you of the inner work that is ready to be done.

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## Suggested Practice

- Keep a running list of people/situations that trigger you over a week.
- For each, pull the traits, rank them, and apply the 3 Shadow Questions.
- Journal your reflections and note any repeating patterns.
- Use breathwork, somatic work, or self-compassion practices to integrate
- What is my one behaviour to commit to changing this

## Positive Traits

**Adventurous** – traveling to new places, accepting unfamiliar challenges

**Altruistic** – volunteering for causes, offering help freely

**Ambitious** – setting big goals, striving for advancement

**Authentic** – being real about feelings, wearing natural expression

**Calm** – staying relaxed in chaos, responding slowly during conflict

**Compassionate** – comforting others when upset, offering help without being asked

**Confident** – speaking assertively in meetings, taking initiative

**Courageous** – standing up for others, trying new experiences

**Creative** – brainstorming new ideas, expressing imagination in art

**Curious** – asking questions, exploring new topics



# ELEMENTAL RHYTHM

- Decisive** – making quick decisions, choosing direction confidently
- Dedicated** – sticking to a goal long-term, showing up consistently
- Dependable** – consistently showing up, being someone others can count on
- Disciplined** – following a strict routine, resisting temptations
- Empathetic** – sensing others' feelings, offering emotional support
- Energetic** – staying active, initiating events
- Fair** – treating everyone equally, listening to both sides
- Flexible** – adapting to changes, adjusting plans easily
- Forgiving** – releasing grudges, reconciling conflicts
- Generous** – gifting without expectation, donating time or money
- Grateful** – expressing appreciation, thanking often
- Grounded** – remaining level-headed, embodying inner calm
- Helpful** – assisting others, offering solutions proactively
- Honest** – admitting mistakes openly, giving truthful feedback
- Humble** – accepting criticism, acknowledging limitations
- Independent** – managing tasks alone, making own decisions
- Intuitive** – sensing unspoken truths, making gut-based choices
- Joyful** – smiling often, laughing easily
- Loyal** – defending a friend, staying committed in relationships
- Modest** – downplaying successes, avoiding bragging
- Observant** – noticing small details, remembering observations
- Open-minded** – considering new perspectives, welcoming feedback
- Optimistic** – encouraging others, looking for silver linings
- Organized** – keeping tidy spaces, planning details
- Passionate** – speaking with intensity, investing energy emotionally
- Patient** – waiting calmly in long lines, listening without rushing
- Persevering** – not giving up when challenged, pushing through setbacks
- Playful** – joking around, spontaneous fun
- Reliable** – showing up on time, delivering on promises
- Resourceful** – using what's available creatively, solving problems on the fly



# ELEMENTAL RHYTHM

**Respectful** – using polite language, honoring boundaries

**Responsible** – paying bills on time, following through on duties

**Sensitive** – noticing subtle emotions, reacting gently

**Strategic** – planning steps carefully, foreseeing outcomes

**Supportive** – uplifting others' goals, encouraging growth

**Thoughtful** – remembering dates, writing heartfelt notes

**Tolerant** – accepting differences, not judging others quickly

**Visionary** – creating future plans, inspiring long-term thinking

**Wise** – giving sage advice, reflecting before acting

## Negative Traits

**Arrogant** – bragging, dismissing others' opinions

**Argumentative** – provoking fights, disagreeing often

**Chaotic** – disorganised, creating messes

**Controlling** – micromanaging, dictating decisions

**Cowardly** – avoiding confrontation, refusing stands

**Critical** – nitpicking faults, pointing out flaws

**Defensive** – reacting to feedback angrily, refusing responsibility

**Dishonest** – lying, hiding truth

**Disrespectful** – ignoring boundaries, mocking others

**Entitled** – expecting special treatment, demanding privileges

**Gossipy** – spreading rumours, talking behind backs

**Greedy** – hoarding resources, demanding more

**Hard-hearted** – lacking compassion, ignoring suffering

**Hypocritical** – acting opposite to words, double standards

**Impatient** – snapping quickly, hurrying others

**Inconsiderate** – overlooking others' needs, interrupting conversations

**Insecure** – constantly seeking reassurance, self-doubting aloud

**Insensitive** – making rude comments, ignoring feelings

**Jealous** – showing envy, competing unnecessarily



# ELEMENTAL RHYTHM

- Judgmental** – criticising others, labeling people harshly
- Lazy** – avoiding tasks, procrastinating frequently
- Manipulative** – guilt-tripping, twisting facts
- Moody** – easily irritated, switching moods quickly
- Neglectful** – ignoring duties, forgetting promises
- Obsessive** – fixating, excessive monitoring
- Overbearing** – smothering, excessive involvement
- Overconfident** – taking excessive risks, ignoring warnings
- Passive-aggressive** – indirect comments, silent treatment
- Pessimistic** – always expecting the worst, discouraging others
- Reckless** – risky behaviour, careless decisions
- Resentful** – holding grudges, bringing up past issues
- Rigid** – refusing change, clinging to routines
- Rude** – interrupting, using harsh language
- Sarcastic** – using cutting humour, belittling others
- Selfish** – taking more than giving, ignoring others' needs
- Smug** – self-satisfied facial expressions, mocking confidence
- Spiteful** – seeking revenge, enjoying others' misfortune
- Stubborn** – refusing compromise, sticking rigidly to own view
- Temperamental** – mood swinging, unpredictable reactions
- Two-faced** – acting differently in front, betraying behind
- Unmotivated** – lacking drive, avoiding improvement
- Unreliable** – cancelling plans, missing deadlines
- Untrustworthy** – breaking promises, unreliable with secrets
- Victim-minded** – blaming others constantly, feeling powerless
- Wasteful** – using resources carelessly, excessive spending

## How to use the Advanced Tools



# ELEMENTAL RHYTHM

## Sample Session Outline – Post Intake Session

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Each Session (post intake) should follow a similar format:

1. **Review**
2. **Continue Focus Area / Choose new Focus Area**
3. **Breathwork Session**
4. **Introspection Tool (Mindwork Prompts / Needs / Shadow Work)**
5. **Client Introspection**
6. **Inspection / Coaching (Review Exercise / Process with Client)**
7. **Lifework / Integration**
8. **Accountability**

**Review** – review how their week went, any new awareness or insights they discovered, go over wins / challenges. Did they follow through on their commitments?

**Continue Focus Area / Choose new Focus Area** - decide with your client if we should repeat the last step, continue our progress or move in a new direction altogether.

**Breathwork Session** – facilitate 2-3 rounds of flow into your Mindwork prompts

**Introspection Tool - Choose what you want to work on with client (Mindwork / Core Wounds / Needs / Shadow Work)** – have tracks for about 10-15 minutes to engage the client with specific prompts based on the step you are working on

**Post Breathwork Introspection / Reflection**



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After the meditation you can provide the client time to journal about what came up for them and then begin the introspection process.

Coach your client. Ask them to share and actively listen. As we help them examine their experience we can assist them as they get to the root of their issues and hold space as they create their own perfect solutions.

## **Sample Inspection Process:**

- Give space for sharing after the breathwork.
  - What came up for you?
  - Did anything stand out to you?
  - Did anything else come up that surprised you?
  - Were there any feelings that came up?
  - Did you notice any feelings you were blocking feelings you noticed during the session?
- Review the mindwork process and ask back some of the prompts if they are struggling or just to go deeper
- Repeat back what you have heard so far. Sometimes just hearing thoughts rephrased will unlock new perspectives and deeper awareness
- Ask them if there are any areas or insights or problems they have more awareness of?
- Help them discover insights about a memory or experience that came up during breathwork with intuitive questioning.



## ELEMENTAL RHYTHM

- What do you think you should do about this?
- Why is this happening?
- Is this a pattern for you?
- What would you need to do to fix this?
- What could you have done differently?
- What options do you have?
- Is there a way this could have been helping you or teaching you something you needed to understand?
- How is this showing up for you in your life now?

### **Tips:**

- 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.
- Ask for consent before giving advice – If you have exhausted all questions and feel you have an answer or suggestion that would benefit them, you can ask them if they would be open to suggestions. It is important that your advice is not absolute –only a suggestion.
- Sometimes it will be very easy for a client to share and at other times can be challenging. 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 it is time to allow space. If they don't want to talk, allow them the opportunity to journal.



## ELEMENTAL RHYTHM

- Avoid Spoilers! If something seems obvious to you and they aren't seeing it either it's a reflection of your perspective—not theirs or they aren't ready. You can ask questions, but don't provide your answers.
- Trust your client.
- Review the Script. Use the script to inform your questions.
- Flip the Script! Use your intuition to enhance the client experience as you begin intuitively connecting with your client. You may find yourself in a flow state where you are hyper present, listening intently and questions will rise to the surface.
- Be patient. Write down questions as they arise. Give your client space and time to fully express their experience or fully answer a question. Sometimes insights will emerge right away 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.
- Always recap and tell them what you are hearing in your own words. So what I'm hearing you say is.... Does that feel accurate to you?
- Spot Core Wounds- During the introspection process there will be an opportunity to bring awareness to a Core Wounds / Beliefs. This typically happens after the second session, but should happen at the best time for the client. Share the list with the client or read them out loud. Allow them to identify any that resonate with them. Once a Core Wounds has been discovered, we can explore why the client falls into patterns, or get triggered.
- Explore Unmet Needs- After a client has uncovered their core wound, they can begin to explore their unmet needs and their relationship to their needs.



# ELEMENTAL RHYTHM

- Remember it is not your job to solve their problem for them but instead it is to hold space for them as they find their own solutions and path forward.

## **Life Work**

This is critical! Reprogramming (repetition + emotion) takes a minimum of 21 days. The client will need to interact with their insights to solidify them. Encourage your clients to journal, say a mantra, re-listen to a recording of your session and to use the MindWork programs on the Elemental Rhythm App.

## **Accountability**

Help them create an accountability plan. Be specific and decide together what the client commits to as they continue on their healing journey.



ELEMENTAL RHYTHM



APPENDIX



# ELEMENTAL RHYTHM

## Appendix A - Coaching Commitment Letter

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### My Commitment

I commit to being fully present, on time and fully present for our sessions.  
 I commit to being available to you via Signal for support, accountability and feedback throughout the week as you need me.  
 I commit to holding you accountable with love and respect.  
 I commit to walking with you as you do the work to heal and grow.  
 I commit to holding the high watch. I commit to seeing beyond your current circumstances– and instead seeing the greatness you are capable of.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

### Determining Commitment

Some people are able to invest an hour a day in personal development–without fail.  
 For others, committing to 5-20 minutes a day is all they can do.  
 The amount of time you commit to the process will impact the pace of your growth.

I \_\_\_\_\_ am committed to this process.

I am committed to doing the work that is necessary to change my life.  
 I am willing to see things differently.  
 I am willing to make the changes necessary to experience a new reality.

I am committed to subscribing to the Elemental Rhythm app for daily breathwork.  
 I am committed to doing breathwork for \_\_\_\_\_ minutes \_\_\_\_\_ times per week.  
 I am committed to doing the 20 minute Mindwork Tracks \_\_\_\_\_ times per week.  
 I am committed to doing an in person breathwork experience \_\_\_\_\_ per \_\_\_\_\_.

The best time of day for me to do breathwork would be \_\_\_\_\_.  
 The second best time of day would be \_\_\_\_\_.  
 It will be a process to figure out what works best for you. Be gentle, but firm with yourself and adjust when necessary.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



# ELEMENTAL RHYTHM

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## **Appendix B - Advanced Integration Coaching Weekly Call Outline**

### **Weekend Intensive Training**

- Saturday & Sunday: Two-day intensive training

### **Week after the training:**

- No Zoom call
  - Review tools from weekend intensive
  - Meet with Coaching Client 1, Review CVP and Intake Call, Set Goals
  - WhatsApp group check-ins
  - Creative Vision for Coaches Process (Review Vision)
- 

## **Month 1: Mind Work (Training Weeks 1–4)**

### **Week 1 (Training):**

- Purpose & framework of MindWork → why we use it, how it works on subconscious patterns.
- Walkthrough of the 5 steps → awareness, identifying beliefs, interrupting the pattern, choosing a new belief, anchoring into a new self-concept.
- Demo of Session 1 (Relationships) with a volunteer
- How to work the mindwork tracks into the standard coaching call.
- Session 2 with practice client #1 (Mindwork Step 1)

### **Week 2 (Training):**

- Review Practice Session 1 with client #1
- Deep dive into Step 2 & Step 3 of the MindWork Process
- Demo of Session 3 (Relationships) with a volunteer



# ELEMENTAL RHYTHM

- Start practice sessions with Session 3: Mindwork Steps 2 & 3 with your partner

## **Week 3 (Training):**

- Review Practice Session 2 with client #1
- Deep dive into Step 4 & Step 5 of the MindWork Process
- Practice sessions with Session 4: Steps 4 & 5 with your partner
- Demo of Session 4 with a volunteer

## **Week 4 (Training):**

- Peer practice sessions live on the call (students coach each other in breakout rooms)
  - Facilitators observe and provide feedback
  - Group debrief and Q&A
  - Session 5 with client continue on mind work steps 4 and 5
- 

## **Month 2: CORE WOUNDS**

### **Week 5 (Training): *Foundation & Full Demo***

- Intro to Core Wounds Process & BTEA model
- How Core Wounds are formed (childhood, unmet needs, attachment)
- Demo of the full Core Wound Process with a volunteer
- Explore Core Wounds with client 1 (Session 6): Identify Core Wound + Choose Belief Shifting Track

### **Week 6 (Emotional Reprocessing)**



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- Introduction to the Emotional Reprocessing Tool – how to guide clients in identifying and processing emotions connected to their wounds
- Demo of using the Emotional Reprocessing Tool with a volunteer
- Practice sessions: move on to **Session 7 with client #1**, applying the Emotional Reprocessing Tool where appropriate, Continue Belief Shifting on Core Wound

## **Week 7 (Beliefs & Reprogramming)**

- Introduction to the Belief Reprocessing Tool – identifying and shifting limiting beliefs uncovered in Core Wound work  
Demo of The Belief Reprocessing Tool
- Final Session 8 with practice client #1

## **Week 8 (Peer Practice & Integration)**

- **Live peer practice sessions on the call** – students coach each other through the Core Wound Process, incorporating:
  - Emotional Reprocessing Tool
  - Belief Reprocessing Tool
  - Selection of an appropriate Reprogramming Script (students explain which script they would use and why, but don't run the full script)
- Facilitator observation and feedback
- Session 1 with PEER client #2 - Intake Review CVP

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## **Month 3: PERSONAL NEEDS + SHADOW WORK**

### **Week 9 Personal Needs Awareness**

- Introduce Personal Needs Reflection Exercise  
What are needs?



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- How do I rank and Identify Needs?
- Review Needs Exercise with client as part of Client Session 2

## **Week 10 Personal Needs vs Core Wounds**

- How are they related?
  - Why do we work on core wounds first?
- Integrating Needs into daily life?
  - What strategies can we create to get our needs met?
  - What boundaries must we set?
  - How do we go slow so as not to overburden the nervous system?
  - How do we support clients' needs?
- Continue to work on Client Session 3 (Peer #2) - choose mindwork or continue with needs

## **Week 11 (Introduction to Shadow Work & Advanced Tools)**

- Introduce Shadow Work Foundations  
All traits are neutral
  - Difference between *traits* vs. *behaviors*
  - Discernment vs. charged judgement
- The Three Shadow Questions
  - Where do you do this to yourself?
  - Where do you do this to the person you're judging?
  - Where do you do this to others (in hidden form)?
- Trait Identification Practice
  - Move from surface behaviors (e.g., "showing off") into underlying triggering traits (e.g., "arrogant," "confident")
- Demo of Shadow Work with a Volunteer



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- Neutralizing Traits – sitting with traits until they lose their emotional charge
- Connection Back to Core Wounds & MindWork
  - How shadow work can reveal unmet needs or link to old wounds
  - Encouragement to notice where Emotional Processing Tool or Belief Reprocessing could support the shadow process
- Live Coaching Session on call
- Practice Sessions 4 (Peer #2) : Begin applying shadow work process

## **Week 12 Navigating Coaching Sessions + Transition into Practice Clients**

- Which tools to use and when? Discussion
- Live Peer Practice Sessions on the call
  - Students coach each other through a *mini coaching session*.
- Facilitator Observation & Feedback
  - Guidance on where students are missing steps or overcomplicating
- Continue with practice partner #2 (session 5)
- Starting with Practice Client # 1
- Transition Skills for Coaching
  - Building confidence in explaining the value of MindWork, Core Wounds, and Shadow Work in a client-friendly way
- Business Readiness Discussion
  - Navigating first real coaching clients: setting boundaries, agreements, and session structures
  - Common pitfalls and how to avoid them (over-explaining, under-charging, etc.)
  - Marketing and Position of services (discovery call script + unique mechanism)
- Facilitator Q&A / Guidance



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- Space for students to ask practical questions about transitioning out of practice sessions
- Next Steps - Final Exam Submissions and Continuing to use the whats app group for feedback & Support

## Appendix C - Core Wounds + Needs Chart

Core Belief	Need It Creates	Unhealthy Expression
I am not enough	Worthiness / Validation	Overachieving, people-pleasing, perfectionism, comparing self to others
I am abandoned / alone	Connection / Presence	Clinging to others, codependency, fear of being alone, ignoring red flags
I am unloved	Love / Affection	Performing for approval, abandoning self for acceptance, tolerating mistreatment
I am bad	Acceptance / Redemption	Self-punishment, sabotage, compulsive "fixing" of self, hiding true desires
I am weak	Strength / Empowerment	Overcompensating through control, aggression, or extreme independence
I am unsafe	Security / Protection	Hypervigilance, controlling environments or people, fear of change
I am stupid	Competence / Respect	Avoiding new challenges, over-explaining, needing to prove intelligence
I am unworthy	Value / Deservingness	Undercharging, self-sabotage, not asking for help, accepting less than needed
I am helpless	Support / Capability	Victim mindset, learned helplessness, outsourcing decisions, fear of responsibility
I am unseen / unheard	Visibility / Acknowledgment	Oversharing, interrupting, shutting down when not validated, performance over authenticity



# ELEMENTAL RHYTHM

I don't matter / I'm unimportant	Significance / Purpose	Constantly needing to prove value, martyrdom, burnout from overgiving
Something's wrong with me	Wholeness / Belonging	Shame, hiding, masking true self, chronic self-improvement to "fix" what's broken
I don't belong	Inclusion / Community	Shapeshifting to fit in, social anxiety, isolation, imposter syndrome
I am disliked	Acceptance / Love	People-pleasing, masking, avoidance of authenticity, anxiety in social settings
I am misunderstood	Being Seen for Who I Am	Defensiveness, overexplaining, withdrawing when not "gotten" immediately
I am disconnected	Connection / Meaning	Emotional numbing, addiction, feeling lost, spiritual bypassing or over-seeking
I am excluded	Inclusion / Recognition	Jealousy, overcompensating, sabotaging others, retreating from groups
I am disrespected	Honor / Validation	Overreaction to feedback, defensiveness, aggressive assertion of boundaries
I am rejected	Love / Belonging / Safety	Avoidance of vulnerability, fear of initiating, rejection sensitivity, clinging to unworthy people
I am trapped / stuck / powerless	Freedom / Autonomy	Despair, impulsivity, blaming others, escapism, panic in situations of commitment