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Today's AGENDA

- ❖ CLI published research science to prove results
- ❖ Connecting with Clients through their religious/spiritual beliefs & culture
- ❖ Diversity, Equity and Inclusion is truly demonstrated when we can connect at the Emotional Heart Chakra level with our Clients.
- ❖ The Teachings of the main religious/spiritual groups and the role they play in coaching
- ❖ Ways to bring "Spirit" into the coaching conversation
- ❖ How to generate permanent positive change for the Client with "Spirit" as the Driver

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Objectives

1. Connecting at a heart level with Clients can be difficult. In this presentation we learn **how to make a fast connection** by understanding a Client's spiritual beliefs.
2. We will do two quick demos to **demonstrate the use of The Language of the Soul** to create permanent positive change for a client.
3. Sometimes we think that people of different cultures are different inside but in reality, they are not. **All people really want is to safely love others and be loved.**
4. Hundreds of aphorisms from various religions/spiritual groups show us **how important it is for a Coach to understand what drives a Client at a heart level.** 
We will study HOW we can honour each client by bringing the teachings of these Saints and Sages into a coaching relationship. We will study the amazing similarities in all these teachings.

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I'm honoured at your coming here today.

What attracted you from the program description?

What do you wish to learn/share?

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What is our REAL Job as Coaches?

In the field of quantum physics, everything & everyone has a vibration/frequency. Rocks, trees, humans ...

Clients are seeking solutions to find peace.

Inner Peace brings World Peace



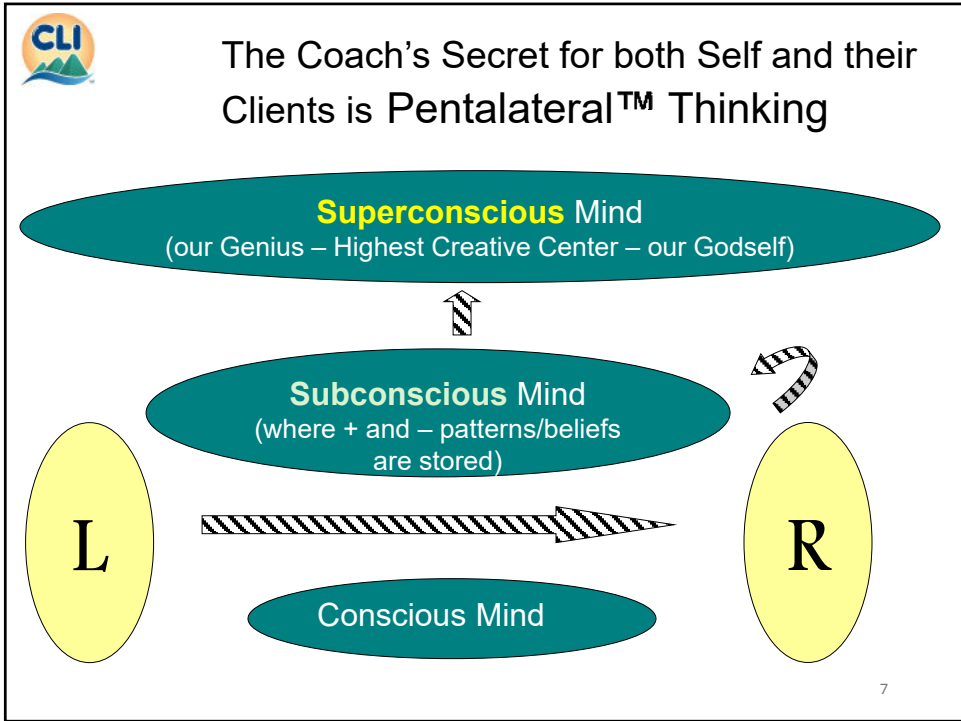
How do they find solutions? Real solutions?

Real Solutions come from their Superconscious or Godself NOT the conscious mind (shallow solutions).

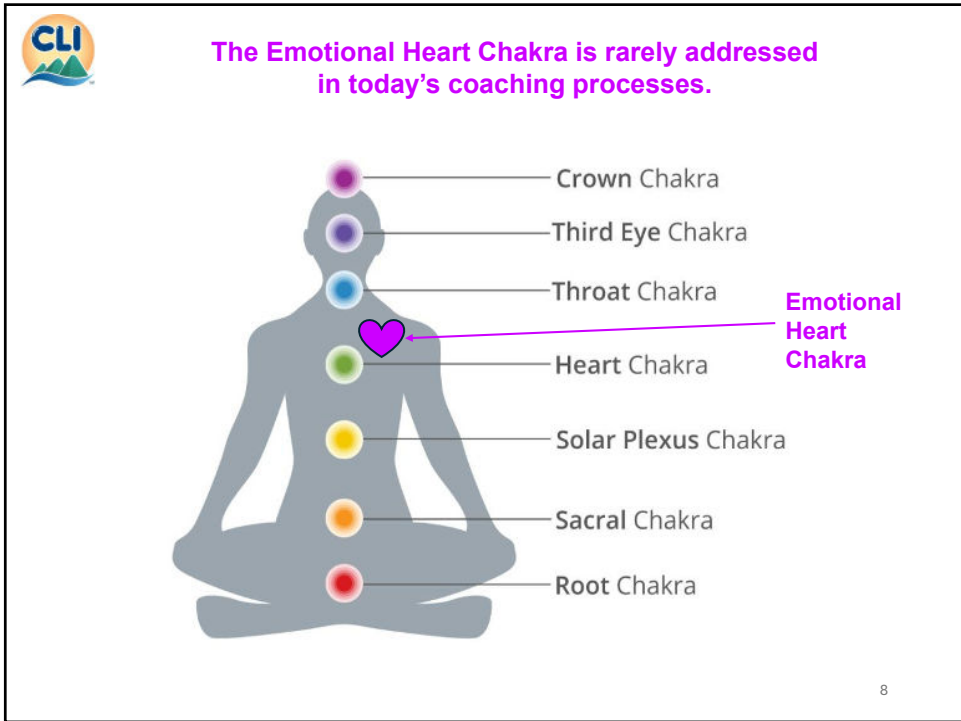
The **ONLY** way to get them to that Superconscious level for Real solutions is to raise their frequency so that they find the **deepest solutions** for inner peace.

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When a Client discovers what is stored within their Emotional Heart Chakra, they can let it go to find Inner Peace

The Emotional Heart Chakra, or *Anahata*, is the center of love, compassion, empathy, and emotional balance, governing our relationships with ourselves and others.

Balance vs. Blockage: A **balanced** heart chakra leads to feelings of deep love, joy, empathy, and inner peace. A **blocked** heart chakra can result in jealousy, codependency, fear, insecurity, and an inability to forgive.

Healing Practices: Activities to open it include deep breathing, yoga, meditation, prayer, practicing forgiveness, and focusing on gratitude. Here at CLI we use all of these healing practices plus over 150 methodologies of different frequencies.

We need special tools to dig out the blockages.
We need to unearth them and replace them with Love.



What is the Next Stage for our Industry Competencies?

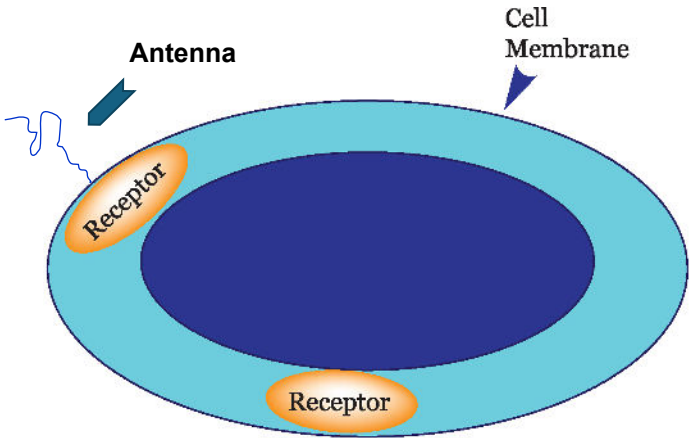
Our industry’s current practices are *heavily centered on the intellect*.

However, for a client to make permanent positive change in our coaching sessions, they *must engage their hearts together with their intellect*.

I have been researching this field for 30 years. Engaging **both** a client’s emotional heart chakra and intellect, is **The Only Way** to pop receptors and popping receptors is paramount for permanent positive change.

What’s a Receptor, you ask?

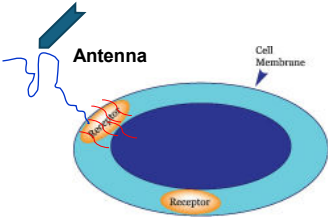




The diagram shows a cross-section of a cell. A blue wavy line labeled 'Antenna' is attached to the 'Cell Membrane' on the left. Two orange oval shapes labeled 'Receptor' are embedded in the cell membrane. The interior of the cell is a dark blue oval.

“By learning to bring your awareness to past experiences and conditioning – memories stored in the very receptors of your cells – you can release yourself from these blocks, this stuckness.” - Candace Pert, Neuroscientist

11



The diagram shows a cell similar to the one on slide 11, but the antenna is constricted at its base where it meets the cell membrane. A red 'X' is drawn over the antenna's base, and a red arrow points to it from the text. The labels 'Antenna' and 'Cell Membrane' are present, and one 'Receptor' is visible in the membrane.

From a PCMK™ perspective, when we can't think clearly to achieve a goal or overcome a challenge, our receptors are constricted preventing food and energy from entering the cell to fully feed the cell.
 (Read Lipton's Sandwich Theory in *Biology of Belief* and K-Burr research in *The "God" in Coaching*.)

It makes sense ... an undernourished cell is a weak cell and cannot conduct its function whatever the issue or goal which can be health related or work related or in any of the 7 areas of life.

12



The Mistake I Made

As a Coach Trainer earlier on in my career, I made the mistake of not teaching our students the importance of connecting with our Clients at the emotional heart chakra level to understand the spiritual beliefs that were stopping them from living a happy and peaceful life. This weakened the impact and the ROI of every coaching relationship.

Diversity, Equity and Inclusion is truly demonstrated when we can connect at the heart level with our Clients.

And when the Client connects with their Higher Power in the coaching process, magic happens. Miracles happen.

13

13



How do You Define Spirit?

Higher Power
 Godself
 Universal Intelligence
 Nature (sun, moon, stars, planets, trees, animal-
 people, flowers, crystals, colours, ...)
 Divine Self ...

At its core, a higher power is something that you believe is controlling the universe. It could be nature, the sun or moon, or you can even say the universe, itself. The key is that whatever you choose should be special and mean something personal to you. In the simplest terms, it's a power greater than yourself.

14

14

Who Were and Are Some of The Greatest Spiritual Teachers of all time?

Buddhism,
Christianity, Hinduism,
Supreme Master Ching
Hai, Baha'u'llah,
Sikhism, Taoism,

Prophet Muhammad,
First Nations, Rumi,
Pythagoras, Socrates,
Confucius, Gandhi,
Tagore ...



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What was
common among
these Spiritual
Teachers?

What were/are
their common
teachings?

16

16

Let's Check Out The Language of Love spoken by Some of The Best Coaches in History!

Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it. ~ Rumi

Listen with ears of tolerance! See through the eyes of compassion!
Speak with the language of love! ~ Rumi

There is only one religion; the religion of Love. ~ Sri Sathya Sai Baba

Love is the light that dissolves all walls between souls, families and nations. ~ Paramahansa Yogananda

A new command I give you: Love one another. As I have loved you, so you must love one another. ~ Jesus Christ

Love lights a flame in the heart that is cold. ~ Abdu'l-Baha



17

17

In respecting all living things, I respect Myself. Be afraid of nothing. Hating none, giving love to all, feeling the love of God, seeing His presence in everyone, and having but one desire - for His constant presence in the temple of your consciousness - that is the way to live in this world.

~ Paramahansa Yogananda

We all have a divine mission on earth. Let that mission be to inspire love and embrace the light within. ~ Micheal Teal

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage. ~ Lao Tzu

The only way for us to survive in this world is to love each other, to have peace within ourselves. ~ Supreme Master Ching Hai

As Coaches, HOW do we help our clients to truly love each other and find peace within themselves?



18

18

**To help our clients to truly love each other and find peace
within themselves we must use
The Language of The Soul**

With Client permission, we start the session with a Prayer.

Use the language of The Spiritual Masters & Spiritual Teachers

Help Clients connect or reconnect to Nature ... Animal-people,
trees, flowers, water, flowers, Angels, crystals and so on.

Use Colour and Light to raise the frequency

Use questions that take the Client into the Subconscious
Emotional Heart Chakra to find roadblocks

Use methods to take the Client into their Superconscious for
Best Unique Solutions given to them by their Higher Power.

19

19



It seems that most coach training providers avoid this topic of "Spirit" because they are afraid to offend. Or if emotions are raised during discussions like this, the Coaches are not taught how to help a Client release these emotions before the end of the session.

Diversity, Equity and Inclusion is truly demonstrated when we can connect at the Emotional Heart Chakra level with our Clients. This means NO judgment.
Quick Tool: "Think Pink"

Here at CLI we have developed 50+ ways to release a Client's emotions which then takes them to their Godself or Divine Self for solutions. We'll demonstrate one today.

20

20

How Does Connecting with Nature Work?

Nature (sun, moon, stars, planets, trees, animal-people, flowers, crystals, colours, angels ...)

When we connect to Nature, our body softens along with our brain, and this let's "Spirit" in to help us. We let go of our egos and open our hearts to access change.



21

21



Instant Heart Connection

One of the best ways for a Coach to quickly connect with a Client is through the Coach's understanding of the Client's religious and/or spiritual beliefs plus some knowledge of their culture.

The heart connection is then instant as the Client feels valued for who they are.

During the first or second coaching session, we often ask the Client,

"Kindly share your spiritual beliefs with me. For example, what language do you use? "God" or "Higher Power" or "Universal Energy" or "Angels"?"

"We will do our best to honour your beliefs throughout our coaching journey together. Later on in the coaching session, when we are writing out new belief systems, for example, we will use your unique spiritual language."

Example: ***"I [name] am now the Child of God I promised to be. I listen only to my Godself and thus with this connection, my global family blossoms with so much love for me as I return their love."***

22

22

Let's Do a Quick Demo!

First, **write down** something that is bothering you right now. A challenge perhaps? In any area of your life ...

- ♥ Career
- ♥ Social
- ♥ Health
- ♥ Spiritual
- ♥ Family
- ♥ Mental Intellectual
- ♥ Financial



Okay, let's connect some of you with your Higher Self or Divine being (angel) for solutions.

23

23

So how did that work, do you think?



How did you connect so well with your Angel or Divine Being, who is a representative of your Higher Self?

We have a list of 81 angels and archangels, each of which has a special function for beings here on earth. You may already be familiar with Archangel Michael for example.

Each Angel or Divine Being has a specific vibration or frequency. You had already written down your challenge, and I invited you to select a number from the quantum field. That number corresponded to the frequency of an Angel or Divine Being.

24

24

Quick Debrief of Quick Demo

Clearly, today we are not engaging in a full coaching session; however, a deeper connection has already been made by engaging in the language of the Soul.

Share with us your experience from this quick demo.

How did your **Angel/Divine Being** already give you some support, some solutions to your challenge?



25

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One of the best ways for a Coach to quickly connect with a Client is through the Coach's understanding of the Client's religious and/or spiritual beliefs plus some knowledge of their culture.

The heart connection is then instant **as the Client feels valued for who they are.**

26

26

Second Quick Demo!

Re-read what you wrote down - something that is bothering you right now. A challenge perhaps? In any area of your life ...

- ♥ Career
- ♥ Social
- ♥ Health
- ♥ Spiritual
- ♥ Family
- ♥ Mental Intellectual
- ♥ Financial



Okay, let's connect you with some Spiritual Teachers for guidance ... for solutions.

27

27

Quick Debrief of Quick Demo

Clearly, today we are not engaging in a full coaching session; however, a deeper connection has already been made.

Share with us your experience from this quick demo.

How did your **Spiritual Master/Teacher** already give you some support, some solutions to your challenge?



28

28

So how did that work, do you think?

How did you connect so well with a Spiritual Teacher for solutions to your challenge?

I have a list of 733 aphorisms of Spiritual Masters and Spiritual Teachers from various religious/spiritual groups.

Each aphorism has a specific vibration or frequency. You had already written down your challenge, and I invited you to select a number from the quantum field. That number corresponded to an aphorism of a Spiritual Leader.



29

29

Other ways to Make a Heart Connection ...



Client can connect to a Tree or Flower for solutions. For example, as proven in The Brain Walk study, the flower at the center of The Brain Walk map is a lotus flower. The client focuses on the lotus flower and a solution will come forward because the client moves into “oneness” with the flower. It’s that simple. TheBrainWalk.com

Client connects to an Animal-Person through a Mandala.

How are animals excellent workers at opening our hearts?

Client connects to a sound. The solution will spring forth.

Client connects to colour therapy.

Crystal Therapy. Client selects a crystal that resonates with them, that has a solution to their challenge.

30

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Client connects to colour therapy.



Train Suicides Reduced by Blue Lighting

Researchers at the University of Tokyo saw suicide attempts decrease by 84 percent over a 10-year period at stations where the lights were in place.[2]

Therefore, soothing color can have a positive effect in preventing suicides. Hanging at the end of each platform, which typically is the most isolated and least trafficked area, and where people are most likely to throw themselves in front of a speeding train, the lights are brighter than standard fluorescent bulbs and they bathe the platforms in blue.

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Client connects to Chrystal therapy





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Releasing the Emotions, Client goes To Godself for Solutions and Permanent Positive Change



Peace

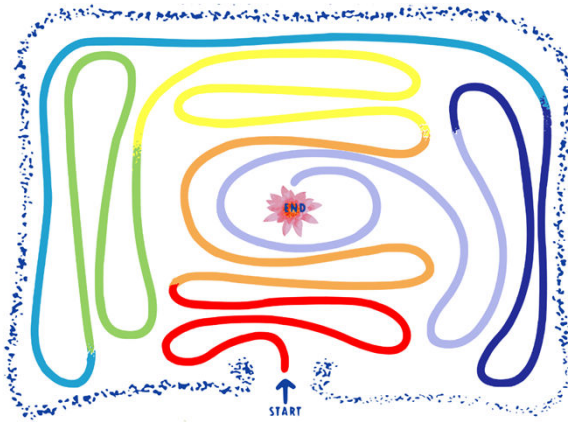
1. "To integrate our work here today and develop more innovative solutions, let's do an exercise for peace of mind!"  
2. "In your Coaching Kit, draw a religious or spiritual symbol of your choice. Make it about 1" or 2.5 centimeters high. [Pause]"
3. "Describe your drawing." [Pause for answer.]
4. "If it had a colour, what would it be?" [Pause]"
5. "What word is written in the centre of the drawing?" [Pause for answer.]
6. "Now looking at the drawing, its colour and the word written inside the drawing, what does this combination represent to you?" [Pause for answer.]
7. "Your Superconscious has provided you with the perfect solution. How is this representation a logical solution for your Real [Issue/Goal] which is [state the Real Issue/Real Goal]?"

34

34

CLI Research Published in the EMCC Journal July 2024

Figure 2 The Brain Walk® - Journey for Peace of Mind Map



Connecting to our GodSelf or Superconscious through image streaming

Image streaming methods have been found to develop more efficient mental processing. The streaming process is thought to encourage different parts of the brain and mind to cooperate, thereby nurturing and promoting the “streaming” in and/or development of creative solutions (Rachman et al., 2019).

Excerpts from CLI’s EMCC Study



It is important to acknowledge the unique and meritorious component of utilizing the subconscious mind to achieve a coaching-ready mental state.

Stanton (2012, p.11) has stated that, **“much of the learning that takes place during coaching requires actively accessing the subconscious and unconscious mind where reflection, intuition, connection, processing, and imagination take place.”**

CLI’s research supports this view. It also supports the view of Whitmore (2001) that acknowledges that moments when the subconscious emerges into consciousness can further personal growth which is encouraged within coaches.

Excerpts from CLI EMCC Study

This research also appears to support the view of Rothaizer & Hill (2009, p. 66) that,

“Unfortunately, those who limit their coaching work to what’s present and already conscious are, albeit unintentionally, greatly limiting their client’s potential.”

This is because CLI’s research suggests that subconscious exploration by the coach can result in benefits for the client. Hence this research supports the views that subconscious exploration can facilitate client and coach growth, with subjective benefits in coaching quality reported.



37

37



Dr. Bruce Lipton has clearly pointed out that we have specific cells in charge of our bodily functions AND *cells in charge of our thoughts*.

This is because, as Einstein has pointed out, energy (a thought, for example) and matter (our organs, for example) are interchangeable. This is how a thought can become an action.

We also know that we store certain emotions in certain organs.

38

38



“All things are created by the mind. Our mind we must create; we must speak good things, think good things, and then we will change the negative to the positive. We should teach the cells in our own bodies to think good thoughts. **Whatever good we think or speak**, our minds, our bodies and the millions and **billions of cells in our bodies also will listen immediately.** That’s why I say that you’re your own master.”
- Supreme Master Ching Hai

39

39



How to Measure the ROI from a Divine Healing Session?


To complete the popping of all receptors from a Mind-Kinetics® Coaching session, it will take 7-21 days.

After the 21 days, can ask Client for a before and after rating. “Mr. Client, the challenge we worked on back on February 12th was Back on the 12th, what number out of 10 would you have given yourself in terms of competency on that issue? [Pause] And now today, what number out of 10 do you give yourself?”

BEST measurement, we take the client into their Subconscious to measure the REAL change.

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**The
Subconscious
Mind**

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The subconscious mind –
processes some 20,000,000 environmental stimuli per second.

The conscious mind –
processes 40 environmental stimuli per second.

Who's running the show?

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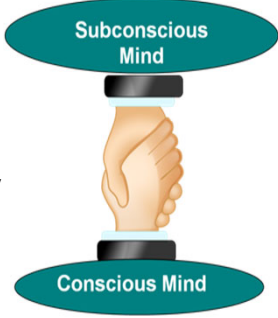
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“Positive thoughts have a profound effect on behavior and genes, but only when they are in harmony with subconscious programming.


And negative thoughts have an equally powerful effect. When we recognize how these positive and negative beliefs control our biology, we can use this knowledge to create lives filled with health and happiness.”

- Bruce Lipton



43


43



The subconscious mind –
manages our affairs precisely the way it was programmed!


If our subconscious **was programmed with positive thoughts**, we could be totally successful and healthy and happy.

PCMK™ re-trains the subconscious to be focused and positive. **Amazing ...**



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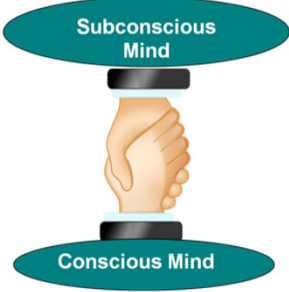
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Therefore, for you to be highly effective, your full Coaching Toolkit must have ...

1. The ability to quickly and effectively **go into the Subconscious mind** to find the unconstructive programming that exists in yourself and Clients and ...
2. The ability to **change those unconstructive beliefs** into permanent positive ones.
3. The ability to **access the Superconscious** for genius solutions.


Great Coaches Keep Learning!



45

45

My Gifts to you




- ❖ List of Aphorisms – all 733 of them!
- ❖ List of Universal Laws
- ❖ “Peace” – In the slides, today’s Release Methodology to take Clients into their Godself for own unique solutions. 1 of 50+ methods.


I can be reached at CoachingAndLeadership.com
Betska@CoachingandLeadership.com

46

46




What did you learn today that will make you a better Coach and Coach Trainer?




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Thank You for your love and attention today.



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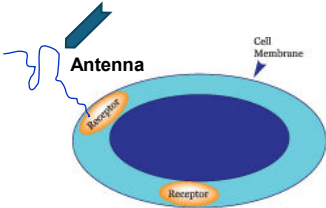


Questions



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Remembering that Love is stronger than Fear because Love has a higher frequency, the higher frequencies of the PCMK methodology and the Integration Process release the emotions stuck in the receptors.

From our own CLI research we know that the emotional memories are stored in the EMF of the receptor. Once the Client understands why they are holding on to a roadblock, emotion, challenge and so on which are the memories, the emotions are naturally released as there is no longer any need to hold on to them. Clarity instantly comes on how to handle the issue/goal via the Superconscious or Godself. This happens because the vibration or frequency of the client has been raised.

PCMK™ has been developed to tickle the antenna of the receptor with a higher positive frequency than the frequency of the receptor itself.

This is why The Coaching Tree must be used to intuitively select the PCMK methodology which has the perfect and strongest frequency to pop the receptors. Otherwise, the Client may not pop as they should, ***rendering a poorer quality session's results.***

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