



## Connect

### What to know about the Connect Process

We all seek connection. It's a fundamental part of human nature to connect. This is part of what speech is for. We connect with many things – nature, a sense of the divine, our feelings, and our sense of self and with others in the world. In coaching, this is what helps strengthen the 'partnering' aspect of Coaching Mastery. Without connecting with our clients we are left to our own devices as to what the session is really about. We will tend to make it up out of our interpretations of the language they use matched with the paradigm of coaching skills and concepts we feel are most relevant.

The origin of the word means 'to join together'. This is what coaching is about. The joining together of client and coach in a unified purpose to fulfill the desire of what the client seeks to use the session for. A shared energy of intention for the change being sought both externally for the client, as well as internally, even if they don't yet recognize that the internal is part of the game.

We have images of connection all around in the world:

- Connecting a plug into a socket allows the electricity to flow from one place to another in order to give power to whatever device is plugged in.
- Connecting puzzle pieces together in order to form a cohesive whole or connecting thoughts, emotions and actions so that tasks can be accomplished
- Connecting with others all over the world by cellphone or the internet
- Connecting people and resources for optimally efficient implementation of visions and dreams.

And in the intangible world, connecting ourselves with our emotions, thoughts, ideas, sense of self, genius and inherent power to have our lives be the way we want them to be. As well as connecting with another human being without saying a word, simply by using our sense of empathy to have us notice from a distance, even a video, what the 'other' is feeling.

Information from quantum physics helps a more scientific awareness on the minutest levels.

### Connect and Quantum entanglement

In quantum physics, a measurement of particle A affects its entangled partner B instantaneously, whatever the separation distance, and without signal or influence passing between the two locations. This curious quantum connection isn't controlled by fields of force, like gravity or electromagnetism. It doesn't weaken as the particles move apart, because it doesn't actually stretch across space. As far as entanglement is concerned, it's as if the particles were right next to one another: the effect is as

potent at a million light-years as it is at a millimeter. And because the link operates outside space, it also operates outside time. What happens at A is immediately known at B.

It is similar with us and everything else in the universe, even if it's too much to experience all at once. We'd be too overloaded with sensory input to function so we 'disconnect' to some degree. The purpose of this process is not so much to 'create' connection as to have the coach experience the inherent connection that is already present.

We tend to see ourselves as separate in the world. Our eyes, ears, nose, sense of touch and even taste, conspire to give us the illusion that there is 'us' and then there is 'all that other stuff that is not me'. We miss the deeper reality that all there is, is energy. The energy of air molecules, the energy of the other 'objects' and the energy that comprises the formation of ourselves, called our body.

While it is not completely accurate that we are separate, we still feel that way. This process is to help us to deliberately open up the existing connection so we can experience what is already there but obscured, obstructed or ignored in our everyday lives.

You cannot partner with that which you cannot connect with. And connection with the client can start with the first breath, before the first words are spoken. In fact, with practice, the coach can connect with the client even before the session begins on an energetic level.

Connect, allows the coach to enhance their sense of what's going on with the client. It helps 'hear' when there are no words being spoken. It informs the dialogue the coach has in the partnership. It allows the coach to feel, empathically what the client is feeling and without being overwhelmed by that feeling use it to inform what happens next.

# How to do the Connect Process

\*\*Note that the use of the word 'pause' is simply to allow some time for the experience.

Start by closing your eyes.

- Now focus on your breath. Notice when the 'in' breath begins and notice when it ends. (pause)  
Notice when the 'out' breath begins and ends. (pause).
- Notice the rhythm of when 'in' begins and then makes the transition to 'out'. (pause)
- Notice how long each phase takes. (pause)
- Now notice how long both take together. (pause)
- Begin to notice the space between in and out. (pause)
- Notice that the space is very slight but if you let yourself you can become more aware of it.(pause)
- Notice that it's not holding and stopping, it's just a distance in between in and out. A transition of energy. (pause and allow some time to notice this space in between)

Notice that there is a field of energy surrounding you. This is the field that is sometimes identified as an extension of your own being. As you begin to notice it, become aware that it can extend and expand further and further from you...filling out the universe in all directions.

Now envision the person with whom you want to connect. See them in as much detail as you can. Notice how their energy radiates away from their body. Expand the field of your own energy to meet theirs and allow the two to overlap. Let your awareness begin to include their presence, their energy, their sense of self.

Now notice that the barrier between the two of you has dropped. That you can almost feel what they are feeling, think what they are thinking. And without words, you can sense what is going on with them. It may be faint at first. If you stay with it, you'll notice that your sense of them gets stronger. Their intention for their success intersects with your intention for them to succeed.

Let your being sense what is needed to maintain contact. Let yourself become aware that it has only been an illusion that you are separate in the first place. Let the forever present connective energy move back and forth between you. Simply notice the rhythm of it, much like the rhythm of your breathing in and out. It may feel the flow of waves coming and going on the ocean.

There's nothing to do from here except simply let that all be exactly as it is. When you're ready, bring your consciousness back from the depths of silence and the vastness of the space of your connection and simply be present to it. Open your eyes and at the same time let the feeling of connection linger in your consciousness like background music and movement between the two of you.

From here, you can begin your coaching. If there's any point in the session where it feels like it has weakened, faded or disconnected, simply reach back into your awareness to find it present and waiting for you to notice, what is already there, and what has always been there. The connection between you and everything that is.