

Donna coaching Janaki transcript

- 00:03 Coach Hi Janaki. It's so good to see you.
- 00:08 Client Hi Donna. It's really good to see you too. Thank you.
- 00:11 Coach And thank you for letting me record this session for assessment purposes. I really appreciate that.
- 00:17 Client Absolutely. My pleasure.
- 00:20 Coach So where would you like to focus today?
- 00:24 Client Yeah, I've been thinking about that, uh, and a lot is going on. I'm moving to New Jersey. So I've lived here a long time. So I'm unpacking and not, not unpacking, I'm packing and donating and selling. And I think more than that, what I would like to talk about today is I have a mixed feeling about the move now that I made the decision. So I want to be at a good place with that. So this mixed bag you know. I know it's time to move because California is like outrageously expensive. Um, but I'm little mixed and little sad. You know, my daughter loves me. She's been asking for two years. Mom come and live with us. Um. But I know, she loves me. We get along great. But we're so different. And then leaving this place. I mean, I feel attached to it. You know, this environment, this apartment, my things. I mean, I'm donating so much stuff, it's like. So there's two pieces. One is that I think we'll just go with the mixed feelings of moving. There is that sadness I don't want to be feeling.
- 01:51 Coach Mm.
- 01:52 Client Um. Or a little bit of confusion I don't want to be feeling, you know.
- 01:58 Coach Yeah. So say more about this mixed feeling. You said sadness, confusion.
- 02:04 Client Yeah, sadness and confusion. So I don't want to feel that now that I made a decision. I want to feel happy and excited and and let go. You know let go of the stuff. Let go of the confusion. Let go of the sadness. Um. And that's why I'm coaching because I don't know how to do it right now. [client laughed]
- 02:37 Coach But you said you wanted to get to a good place with it. What does a good place look like for you?
- 02:45 Client Um. A good place would be at peace with it, you know, comfortable with it. Uh. So I noticed as I'm packing and packing and donating and all that selling, there's that sort of stress going on inside my chest area you know. Um because I've spent a lot of money on things and here I am letting them go and then. Um. And you know it's like burning my

Donna coaching Janaki transcript

what's that, what's that saying burning burning the boat or what is it? I don't know that metaphor. So I'm burning everything here and then moving. And then what if it doesn't work out?

- 03:42 Coach Mm hmm Mm hmm Yeah. So what would you want to have today at the end of our conversation around this this topic of burning the boats or burning the ships?
- 04:03 Client Burning the ships right? Yeah. Yeah. Um I think I just want to be at peace with my decision. And then let go whatever else baggage I'm carrying around with it. Yeah. That would be nice. Just be at peace and enjoy the journey. You know, this next chapter coming up.
- 04:36 Coach Yeah. As you imagine having this peace and letting go of the baggage, how do you see yourself?
- 04:48 Client Well the word comes to mind is freedom. I mean, freedom from that sadness, freedom, freedom from that confusion, freedom from that stuff and attachment. It's just things. If I die, what is it going to matter right? None of this is going to matter. Yeah. So that freedom and letting go. Yeah.
- 05:17 Coach So you want to get by the end of our conversation, this sense of peace, of freedom, and the sense of letting go of the baggage. How will you know that you've got that?
- 05:31 Client Um I think right now as I talk about it it's like stress in my chest. It's all in my chest area. I think also in my throat area, the sadness in my throat area. So I think by the end of our session um if I'm, if I'm at peace with it, I'll be calm you know? Um calm inwardly. And and trust, so trust would bring me joy then you know? Trusting God just yeah. So I guess calm inwardly and because I'll trust, if I let go and trust, that will bring me joy right? So I would like to feel calm and joy by the end of our session around this topic. [client laughed]
- 06:52 Coach Yeah I can see when you start talking about it and talk about the stress and you point to your your chest and that that this is a heavy burden for you.
- 07:03 Client Yeah, it feels like it, you know, it feels like I'm carrying a sack around you know. And actually in my daily practice, you know this about me, I have a meditation and prayer practice. In the morning, I imagine in my mind's eye putting all this stuff in the sack, tying it with the bow, and just giving it to God. So I am doing that every day. Take it, take it, take it. Yeah. [client laughing]

Donna coaching Janaki transcript

- 07:36 Coach What makes you take that all back? Once you give it to God, what makes you take it back?
- 07:43 Client I don't think it's taking it back. I think I'm on one level giving it to him but on another level I'm still holding on. So because if I had given it, it won't be there. So I think there's something there that I need to pay attention to when I am making that offering not to do it like this quickly. You know just pause and really be in that and give it my all. You know? Give it my all. So I think that's the thing. I haven't been giving it my all. I mean I say it and I see it but I'm not really doing it. I'm still like one hand is still holding on. Yeah.
- 08:46 Coach What's what's causing that hand to still hold on and you're not giving it your all.
- 08:56 Client Well, fear right? Fear. But then if fear is there, then God isn't there? Because God is all love. So it's not trusting. Not fully trusting. You know? Not fully trusting and not surrendering. Yeah. Yeah.
- 09:26 Coach Yeah. So what's what's holding you back from fully trusting?
- 09:36 Client I think it's just my mind, just my mind. I mean, I know it on one level. Now that I'm talking about it, I'm realizing that's what I'm doing. And instead of coming from my head, which is where the mind is, which is what I make up, I should come from my heart. You know, heart is all love. So when I come from love, it's like when you love someone you just give right? You don't hold on with one hand. [client laughing] So if I come from my heart, I think that would be easy. Just give because I love God. You know, whatever it is. Yeah.
- 10:31 Coach May I share an observation?
- 10:32 Client Yes, of course.
- 10:34 Coach Well, when you're talking about this coming from your heart, that's exactly where you clutched when you talked about that stress being internal and you want to get this calm inwardly. And then you speak of trusting God moving it from your head to your heart. What what comes up for you when I say that?
- 10:59 Client But it's true because the stress is there and the heart is also there. So what comes up is like duh. Just go to your heart right? Just go to your heart. Yeah. No, I mean it's as simple as that. But sometimes, I talk about me, sometimes I don't don't just stop and think, you know, I just do it and then I wonder why it's not working. But that's why. Right? Yeah. Yeah. I like that. And I'm as I'm noticing as I'm going inward. I'm noticing

Donna coaching Janaki transcript

and hearing and sensing my heartbeat. So that there's a confirmation that I'm on the right track about this. Yeah, that's beautiful.

- 12:30 Coach Hmm. [silence] You have such a sense of peace and calm right now come over you as you talk about that.
- 12:47 Client Yeah, that's it.
- 12:53 Coach So how can this sense of peace and calm that's come over you, um, reconcile with all that's going on in your head? How can you use that to deal with everything that's going on in your head?
- 13:19 Client I think I just to remember that when I am feeling stressed when I am feeling sad, I'm in my head. So notice that or realize that and then bring myself back to my heart. Because when I come from my heart, it's all good, right? God is there, I'm loving God, I'm giving it to him. And also if it wasn't his will, then I wouldn't be moving. Right I know that. So why be sad? Yeah. So I think just realizing when I'm sad or stressed I am in my head and then bring myself back to my heart. The thing is I just need to figure out how to how to do that. What is the structure that will remind me to do that? Yeah.
- What comes to mind is wear some kind of a weird bracelet that I normally don't wear bracelets. But wear some kind of a bracelet which is weird. Like a rubber band or something, you know? So when my eyes fall there, that will be a reminder, you know. Client, get from your head to your heart. Um That's one thing I'm thinking about. Another thing I could do is put a sticky on my computer. From head to heart or something like that. Or just an image of the heart. Just an image of the heart that will remind me. So I think if I do those two things, I'll be in a good place. And I'm noticing my heart is still beating, which is great. Because when there's all this noise, you don't hear the heart beating. That pulsation of the heart. Yeah.
- 16:12 Coach Well I'm seeing or hearing the tactics, the rubber band, sticky note with a heart on it. But what about the process of the noise that's happening in your head, dissipating that, and really going to your heart and this peace, calm, trusting God? Say more about that.
- 16:39 Client It's actually a simple process if I just remind myself to do it. Right now I get so caught up in doing everything else. You know the packing and the selling and donating and all that. And work. So I don't pause. I don't reflect or catch myself doing that. So because we've been talking for a bit now and I've come up with these couple of ideas. I think if I have them in place there'll be a reminder to me. You know? I'm good with structure, reminder. Oh yeah. Go into my heart, go into my heart. And I'm noticing that there's that peace we talked about, right, and calm. Yes. So I'm I'm at that peace right now and

Donna coaching Janaki transcript

the calm. I think I probably am just good with that, joy, I'm not sad anymore. So joy will come if it comes, you know? Also, I'm noticing that it's okay to be sad, you know. It's a big, big move. So yeah, just settle for peace and calm and it's okay to be sad and feel the sadness.

- 18:31 Coach Yeah. Now you're mentioning sadness a lot. And you talked about letting go of baggage. What's in this sadness for you that you need to let go of?
- 18:48 Client Well, attachment is one. Attachment to things, attachment to place, attachment to my being in my own place. You know a lot of attachments. And I know attachments in any form cause pain when, yeah, they cause pain. So letting go and being non-attached is that freedom we talked about. You know? Yeah. And so that that brings joy. That freedom brings joy.
- 19:34 Coach The word attachment too brings up for me your hand on the bag that you're trying to give to God but you're still keeping one hand on it. What do you think when I say that?
- 19:48 Client Yeah. Yeah, that's true. That's why I don't have that freedom because I'm holding on and when you hold on your fist, of your hand is all like in a fist. Or when you go open it and let it go, there's the freedom. You know, you just relax and your palms are open and the stress is not there. The attachment is not there. Huh? So I think even bigger, I just realized something, it's even bigger than that. It's more about my journey with God. So I want that non-attachment to anything and everything so that I can be anchored in God, my trust and love for God. Mm. Ah, that's what it's about.
- 21:00 Coach And you're smiling. What's coming to you now?
- 21:04 Client Oh you know it's like a light bulb went on. It's like that's what this is about. You know it's about my journey. Ah my spiritual journey. My, this is bringing to light that that's what I need to focus on. Not the move. Not all of this. Just that it's the next chapter of my spiritual journey is to focus on non-attachment. Wow.
- 21:47 Coach Well I'm curious too. Um is this one of the biggest tests you've had about your relationship with God or maybe recently?
- 22:01 Client Uh not the biggest test. I think it will be one of the biggest tests when I do move. Um, but yes, this is one of the light bulb moments recently. That it's not so much about the move. It's more about my journey with God. It's non-attachment piece. Because when when I'm non-attached, that's one of the teachings according to my tradition, is to be non-attached and keep doing your duty, keep doing your work, but be non-attached to

Donna coaching Janaki transcript

the outcome, to anything. So it's pointing me to that's where my focus area is for this year. Non-attachment. Oh my gosh. Wow.

- 22:58 Coach So let me check in. You had talked about wanting um peace, letting go of baggage, you wanted to get to a place of freedom. Um how how are you we doing on that through this conversation?
- 23:14 Client Beautiful. Actually it's even bigger than that is. So really thank you for giving me the space to just speak what was in my heart and reflect. Because that's what I needed. I I needed to speak it out loud. And for my amazing coach to hold that space. And yeah, I wasn't expecting this Coach. So thank you. This was way more than I expected. Yeah. Yeah.
- 23:57 Coach What would you want to say to God right now about the situation, about your spiritual journey.
- 24:06 Client I got it. I got this. So he was pointing me to that direction through the sadness, through this stress. Right? And I was so caught up in my head that I didn't go to my heart. So when I go to my heart then I see it, that's when I see the light bulbs, right? I feel good, it's. You know if you just pause and reflect sometimes the issue is not what we are wanting to resolve. Sometimes there's a message there that we need to hear and be open to receive. And that's what just happened.
- 25:10 Coach How will your how will your prayer and meditation time be different tomorrow?
- 25:17 Client Well, because I'm going to come from my heart when I give that bag to God, right, that sack that I'm holding on to. Instead of my head just like mouthing the words, you know, okay, I surrender this to you. It's going to come from my heart. And that's going, that's what's going to make the difference. It's coming from my heart that this is what God wants for me is that non-attachment as part of my spiritual journey. And that's what it's about. Yeah. Awesome. I'm so excited.
- 26:03 Coach So how can you assure that you're that you can move forward in this new insight that you have.
- 26:17 Client That's a good question, right? I know we talked about, I talked about the structures. I think setting an intention would help me. As I sit for meditation I do set an intention. But setting that intention to just come from my heart, that would be good. That would be good. So as I sit, as I begin my day, I sit for meditation and I set that intention to come from my heart. Not just during meditation, not just when I'm giving it to him, that sack, but actually all day come from my heart. Yeah.

Donna coaching Janaki transcript

- 27:29 Coach What could get in your way?
- 27:33 Client My head. My head would get in the way, the busyness would get in the way. Um yeah, those two things would get in the way. My head and my busyness. But like I said if I put the structures in place, the heart, maybe not just by my computer in the living room where I'm spending most of my time because I'm packing, I'm working and all that from here, if I put a heart right in front of me on the wall and then wear that rubber band. That should do it. Yeah, I like that setting the intention as a simple meditation to come from the heart. Yeah.
- 28:35 Coach What support do you need for setting the intention, keeping all this, you know, focused in your heart.
- 28:50 Client I think we're going to meet later in the week. If you if you don't mind holding me accountable? That would be great.
- 28:57 Coach Happy to.
- 28:59 Client Yeah, that would be great. That way I know I'm going to see you so you better do it. Yes. Yeah, that would be great. I think I got this. It's funny, you know, I thought I was coming for that sadness and that confusion and and actually it's bigger than that. It's about my journey, My spiritual journey and I love that. Yeah.
- 29:30 Coach Yeah. You seem so much lighter than when you came to the call. So how are we doing with that? The peace, freedom, um calm inwardly, trust in God. How are you feeling we went through this today?
- 29:53 Client I'm pretty good. I think I might have been at a three or four. And I'm probably at an eight or 9. So I'm.
- 30:06 Coach That's big.
- 30:08 Client It's very big. It's huge. It's like, wow. You know, wow. Yeah.
- 30:18 Coach What, what are you learning about yourself through this today?
- 30:22 Client Um well you know, just that this is about my journey, you know, it's about my spiritual journey. It's about my human journey here on this planet. Umm. The rest is all small stuff. You know, it doesn't really matter in the big picture of things, you know? Yeah. So focusing on that and being anchored in that. I've come a long way, but there's still a long way to go. So yeah.

Donna coaching Janaki transcript

- 31:09 Coach Yeah, I love that anchoring and the bigger picture. Great visualizations.
- 31:19 Client Yeah. And that's what we did during the session. That's what I realized and then that's the anchor, setting the intention, and um coming from my heart, not just while giving that sack to God, but just all day coming from my heart, or staying in my heart, you know. Loving myself and loving what's going on. You know? How cool is that?
- 31:46 Coach I want to acknowledge you because that was a bit of work to go from a 3 to 8 or nine.
- 31:55 Client Yes. Yes. Yes, it was. But it's when you talk and reflect, you know, in a safe space and you're aware. Then then you're able to see that light bulb.
- 32:13 Coach Yeah. How would you like to end our time together?
- 32:18 Client Just to say thank you. This is amazing. Thank you. Thank you. Yeah, it's beautiful. I was expecting I'm going to cry. I'm going to be stressed during the session, blah blah blah. I was ready to cry actually, but but we ended up at such a great place. So thank you so much. Thank you, really awesome.
- 32:39 Coach And I sense your you're calm very different than how you came to the call. And uh I just sense a shift in you. So good for you.
- 32:51 Client Yeah, Thank you. Well, Happy New Year. And thanks so much.
- 32:55 Coach Happy New Year to you too. Let me end our recording.
- 32:58 Client Yeah.