

Natalie coaching Deb transcript

Coach (00:00): It's great to hear from you Deb. How are you this morning?

Client (00:03): I'm very well, thank you. And you?

Coach (00:05): Excellent. Yeah. Good, good. Really good. I've had a big weekend. It's settling down this week, which is great.

Client (00:12): Oh, that's excellent. Starting to wind down for Christmas?

Coach (00:17): Um I'm not quite sure. Almost. I think I've still got the intensity up, but I think almost will be. What about you?

Client (00:25): Well, that's my goal. My goal is to try and ease off a little bit before Christmas comes, so it's not that ramp up and drop because I don't want to do that this year. I want to just ease out gracefully. It's not working so far, but that's my plan. [laugh]

Coach (00:38): I can relate to that for sure, for sure. Well, what would you like to share since our last coaching session?

Client (00:45): So um I've done my first assignment, sorry, my first exam with uni, which I passed only just, but I passed. So I'm feeling very excited about uni and where that's all headed. And I was reflecting on it this morning thinking we've done so much work around you know that kind of vulnerability stuff and what it is I need to do. And if you don't mind, what I'd like to do is go a little bit deeper today and kind of bring together. I think we've been hanging out in my workspace and in my personal space and a little bit in my coaching space, but not really about the yoga me and the kind of um quest I have in that yoga space. And I feel like I'm in a situation now where I kind of know what I need to do and what I want to do going forward next year and how to go about that.

Client (01:39): What I'd like to explore a little bit more with you today, if I can, is some questions that we're constantly examining in yoga, which is designed to take us closer to spirit and closer to soul, kind of get out of ego and head and all that sort of space. And the three questions that we're asked to kind of reflect on are Who am I? What do I want? and How can I serve? So I'm hoping that we can have a little bit of a look at that and kind of help me to just become more engaged with that kind of higher self or whatever you want to call that.

Coach (02:18): Hmm. That's a lovely way to spend our time. I really acknowledge you for that. And I acknowledge also that you want to take the conversation about vulnerability deeper as well and see how that can serve you.

Client (02:31): Yeah, yeah no, how brave am I now? [inaudible] I just dive on in.

Coach (02:39): Well, how brave would you rate yourself? I rate you very bravely, but how brave do you rate yourself?

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Client (02:45): Well, I'm feeling you know a good eight and a half. A good eight and a half out of 10.

Coach (02:50): Good on you. Good on you. Well, let's, shall we leverage that then that braveness. So I had a lot of um deeper thoughts even as you uh started this morning, Deb. So where are these deeper thoughts coming from for you?

Client (03:10): Um, so there's a lot happening in my world at the end of next year um. Well, next year is a big year um. I will officially have no children. I'll have three adults. Um, I kind of have done my, I haven't completed my parenting, but I've raised three children, fundamentally. Um, I will by the end of the year have completed my grad cert and um I came to Canberra several years ago to help my oldest son coz he was struggling in school and I thought bringing him here would be really good for him to finish year 11 and 12. Um, and when I got here, realized how good the school system was and so stayed with my younger two and my youngest one finishes school next year.

Client (03:58) So my reasons for being in Canberra change, in fact, they don't exist. Georgie will be off to uni. The boys are on their way and finding their path um. And in doing the HR course, it actually means that I can seek employment outside of the public service, which pays equal to what I earn as a public servant. So suddenly the world's a little bit my oyster. I no longer have dependents as such um, and I can completely, it'll be the first time in my adult life that I don't have dependents, don't have children that are driving my decision-making. So it's kind of like, well, literally who am I? What do I want? And how do I how do I go forward? What does grown up Debbie with no dependent look like? And how do I bring together everything I've learned and really make the next phase of my life as true to my spirit self as I can make it?

Coach (05:04): Yes, I'm really enjoying hearing what you're saying there. It sounds like a great time of transition for you as well.

Client (05:12): Very much so. It's really exciting actually. There's you know innumerable possibilities.

Coach (05:19): Excellent. So what would you like to explore then? You talked about the Who am I? What do I want? How can I serve? Wonderful questions. What would you like to explore then this morning?

Client (05:32): I think how can I serve stuff, I'm pretty clear on, I think we've talked about this in the past that I think my purpose, whatever you want to call it, is a bit about holding a space to see others reach their potential. And I think if I reflect on my life, whether it's children, whether it's working in um welfare, whether it's working in the corrective services space, whether it's peer in the department, that's what I've sought to do and found myself just naturally doing. Um, sometimes better than others you know. But that's certainly been what I've enjoyed the most about my various work habits. Um, and certainly with yoga, same sort of deal. The um Who am I? and What do I want? I think it's a little less clear to me.

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Client (06:27): I've done what I've needed to do to raise children um, and I've made the very best of it I could, but I haven't really necessarily been clear about my own wants, um you know my wants, my needs have kind of been on the back burner a little bit. And then as a parent also, who am I, and I think most people, I define myself by what I do and how I move through the real world rather than the real, who am I? Um, and so it is a little less clear to me. So if I could get clarity around those two, that would be really valuable, I think.

Coach (07:12): Hmm. Wow. Let's see where we can go with this then. Really wonderful, really wonderful. Well, I hear you Deb talk about the yoga me and I heard grownup Deb. Uh, and I heard and I heard Deb who's raised the kids and done what she has to do and the enormous effort you've put into your children. And I also heard the words at the very beginning, deeper on vulnerability. So would there be any of those that you'd like to explore to move forward, or something else?

Client (07:56): Um, I think a lot of that is what I've done rather than, or what I do rather than who I am. And I'm not even sure that there's an answer to this. And so even if we come to the conclusion that there is no answer, I'm just curious about that um, that sense of the real self, that real spirit self, soul self. And I meditate on it, I ponder it, and I just thought, oh, maybe this is a vehicle that would help me really engage more solidly with that soul self.

Coach (08:30): Hmm, the soul self. That's something else as well wow. What does that mean, the soul self to you?

Client (08:39): I think it means, I think it's what religion's all about, to be honest. And I think it's that sense of higher purpose, that energy that isn't your emotions, that isn't your mind, it isn't your body, it isn't your energy levels. It's that other part of you that knows about all of those things. Um, and I think it's what religion has tried to talk about um. And I think as immortals, we've got caught up, myself included in the doingness around it, not the getting to it-ness. And so I guess for me it's about wanting to just pull back all of the wrapping and get to it and go, what is it? And maybe it's just that vulnerable thing. Maybe that is the answer, I don't know. But I'm curious about even finding the right pathway to being able to touch that more solidly.

Coach (09:58): Hmm. If you were to peel back now, what would that start to look like for you? Or feel like?

Client (10:20): Um. It feels like almost, it feels like there's kind of like this. And this is all the wrong words, I'm not even sure they are right words. There's almost like this light or this energy or this substance that sits within. And I don't necessarily mean physically that sits within that um that is. That is, full stop [laugh] um. Yeah, I think that's kind of it um. Maybe that's just it. Maybe it's as simple as that, that that's just that sense of pure light sort of stuff.

Coach (11:26): How are you feeling that pure light right now?

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Client (11:44): It is like that thing you can see in a little baby's face you know that total when they're little blinky things that blink like lambs and you see just an immense amount of innocence vulnerability um. But you see a little bit of character and a little bit of, I don't know, whatever that is, is what it feels like.

Coach (12:15): Hmm What a beautiful image to have.

Client (12:20): Hmm. There's a purity or something.

Coach (12:25): And if you were to look deeper into that image that is created for yourself, what do you see for yourself?

Client (12:43): Um. Gosh, I don't know. It's quite baffling. It kind of feels like you know if I could strip away and it's that peeling back all of the experiences of growing up and all of the experiences of responding and reacting and all of the um you know fears and ways I've tried to hide vulnerability and you know crutches I've applied to you know get through when I feel vulnerable, but don't want to be vulnerable and just be that purity that is a newborn in a way, um. How much more god damn easy life would be. [laugh] Does that make any sense? Am I just talking silly?

Coach (13:47): That it does make sense to me. What sense is it making to you though?

Client (13:59): I feel like if I can really truly get to it, I feel like this next phase of my life will be so much more authentic.

Coach (14:12): Hmm. And what would that mean for you?

Client (14:21): Um, I think I'm somebody who is very um well groomed in being able to be of service um to others. And so I position myself in my relationships in that way constantly um. And in doing that, there needs to be in the, I've approached it, I kind of need to be on duty and in best form constantly. And I was also reflecting on this the other day, that my best mates, the people who I feel closest with are the people who I'll drink too much with or have a bloody cigarette with, or you know they're people where I don't have to be perfect, I don't have to be good, I don't have to be of service. It's the exact reverse, but it's actually not necessarily particularly healthy either um. But that's where I'm at most like, oh, you know phooff. And so I'd like to be able to be relaxed in my, all of my encounters and not need it to be unhealthy. I'd like to have a relaxed, healthy way of being able to move through life.

Coach (15:46): Well, I heard a couple of layers there Deb. You're talking about peeling back the layers. I heard some layers there. What layers did you just describe there for yourself, do you think?

Client (16:06): Well, that needing to be perfect, good on duty you know stuff um, actually is a barrier to closeness in lots of ways and intimacy.

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Coach (16:33): Yeah. So as you peel back that layer of needing to be perfect, good, that groomed layer, the on-duty layer, what does that now enable you to get closer to? What's the next layer that you get closer to?

Client (16:55): It's really funny coz I don't really know what to do in that space. And so, so what I do is I kind of just drop the bundle. It's like the pendulum swings from this Debbie to Wow that Debbie, the yoga Debbie goes out the window and it's all just loopy and it's loud and it's totally, totally inconsistent with how many in the world would see me.

Coach (17:27): Hmm. Yeah. It's a layer.

Client (17:35): Yeah. But instead of just peeling back the layer and kind of going, what is that? I just run, run to the other end of the room. You know it's crazy.

Coach (17:49): And how did that insight serve you?

Client (17:57): Um. Yeah, it's um, it's quite profound actually. I hadn't really considered it that that's actually what I did. I could see what I was doing, but I could never really understand what I was doing. Um. There's a whole part of me that just wants to relax. And I think it even points to that whole being bright and shiny versus being solid. I just want to relax. I just want to be, I just want to be you know, and go with it and just be authentic, whatever that looks like on the day.

Coach (18:49): So in terms of where you want it to come in our conversation going deeper, how does it feel in terms of what layers you've discovered so far?

Client (19:00): I think helps to clarify what I want, it's that's what I want. I want, I want to relax and I just want to authentically move through the world. And I um want to not be at either extreme of the spectrum. I just want to you know faults and all vulnerabilities and all. Just engage with the world, not have to have everybody's answers and not have to be the party girl, but just you know, gently move through the world.

[silence]

Client (19:55): Yeah. So I think it's not so much about, I thought the question was who am I? So therefore I need to have an intellectual construct of what that is. But actually thinking about it now, I think it's just accepting what is, and trusting what is not needing to do anything with it, but just understanding, like really solidly understanding that I am of value. I um, I have worth those crazy cliché things that we talk about, but actually truly getting it um, and that I am unique and that I and how or what I am on any given day is completely okay. And I don't have to package it. I don't have to um, I don't have to anything. Just being is enough.

Coach (21:06): And as you say those words, how does that feel to say those words?

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Client (21:12): It's quite amazing, quite amazing um, you know. I've never really understood that before. And in fact, I think I've told you this before, I had a girlfriend once say to me, you know we were talking about vulnerability, and I said something about you know, I don't feel like I've ever really you know been of assistance to you. And she said, but you don't just need to show up, that's enough. And I had no idea what she meant or you know it just didn't make any sense to me. How can she value me if I'm not bringing value to her life? You know, how can that be a thing? So um, I wouldn't say I get it a hundred percent, but I feel like about 42%, I kind of get it.

Coach (22:10): I like that very specific 42%.

Client (22:14): Approximately. [laugh]

Coach (22:16): [laugh] That's great. That's really great. And how close is everything that you are actually saying? How close is that now to pure light? And also to newborn, innocent vulnerability?

Client (22:31): Yeah. Well, you never look at a baby and go, well, that's not a good one. The reality is you look at a newborn and you go, oh my God. And something reaches you and touches you about just its being, you know they don't do anything. They're squeaky little funny things. But every one of them kind of breaks your heart in a way. And for reasons that I don't have words for, but they touch me in a huge way. Um, and so I think it's just remembering that I was a newborn, I am a newborn. I you know, that is, all the rest of it is just stuff. But that part is utterly um my truth you know. That is me um, that is the real big, big M, me. And that's gorgeous.

Coach (23:34): It is. It sounds like you're speaking your truth.

Client (23:39): Yeah. Hmm, heavens.

Coach (23:57): What else did you want to say?

Client (23:59): Well, you know going back to the three questions, who am I? Well if you know that 42% knowledge of that is you know that light, that newborn, that valuable thing of worth you know being of value and just cause, what do I want is to move through the world with that knowledge and without the learned behaviors um. And then how can I serve? Well, you know maybe, maybe it's less about serving you know and more about um, more about just solidly staying it less because that can easily become the shiny stuff again in a heartbeat. Now maybe it's less about serving and more about just literally doing that you know, literally just moving through life in that kind of pure and authentic way. Maybe that's servicing [crosstalk]

Coach (25:21): [inaudible – crosstalk] Hmm hmm.

Client (25:22): Yeah.

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Coach (25:35): And how does that feel as you say that as well Deb?

Client (25:38): Well, again, it means I can relax. [laugh] you know. It's kind of, those three things actually are a beautiful triangle in a way of they kind of keep each side up you know. If you're doing that well, then you can do that, and then you can do that better and the three kind of combine really beautifully.

Coach (26:00): And I hear you laugh as you say that as well. It's kind of, it sounds like a kind of, and you say that whoof you know. What are you experiencing there, as you say those words?

Client (26:15): Um, look it feels so bloody obvious. And I'm sure I've said things like this to other people um, you know but it feels like, oh durr. But at the same time, it's so profound um and like you know an amazing kind of revelation.

Coach (26:47): And where does vulnerability and going deeper into your vulnerability uh, how is that related now to everything you've discovered so far?

Client (27:00): I think that in dropping the you know being of service stuff, if I'm not doing the doing and I'm just moving through life being, and saying that's enough um, then I strip myself back to war, if you like um. And I um, take away all of the stuff I've learned that gives me value in the world. You know, the deal I have with life, and I just am and, that's a very different way to move. So it's not as comfortable and known and um, you know that there is real potential for that not to be enough for people and for people to expect more um, or be disappointed or reject I suppose um my method, you know, I rarely if ever been rejected because if you're of service, people want that, don't they?[laugh] So it's pretty safe game in a way.

Coach (28:39): No one would reject the newborn though.

Client (28:42): So I'm sorry. I can barely hear you.

Coach (28:44): I wonder though, when you talk about the newborn.

Client (28:51): Yeah. People don't reject a newborn, do they? Hmm.

Coach (28:54): Yeah. Yep. And if they were to reject you in that space, in that being that pure light, what would you care anyway? [laugh]

Client (29:16): No, no, I would not care. It would just be Okay, cool you know. [laugh]. In fact, all of that stuff ceases to be a thing. Even whether you're rejected or accepted, it doesn't really matter you know. That's not the point.

Coach (29:38): And if they didn't like you or didn't meet their expectations yet at the same time you were living your truth, what would it matter anyway?

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Client (29:52): Sorry. That's exactly right. It would have, it's of no consequence. It sort of really takes the heat out of that even as a thing to worry about.

Coach (30:10): So I wonder, have you answered the question then, Who am I?

Client (30:16): Um, no, but I don't think that's the point anymore. I don't think. Sorry. Yes, No. So what I'm feeling today is that I don't need to have a solid, ahhh that's who I am, which is what I thought I needed. What I have is I am just like everybody is, totally okay [laugh] coz that's how we start. And it's only the bullshit we pack around it that mucks that up when we operate out of our head. [crosstalk] The who is completely kind of irrelevant, but everything. Oh God, that's so deep.

Coach (31:09): It's where you want it to go. [laugh]

Client (31:12): Yeah, yeah, yeah.

Coach (31:18): It sounds almost liberating when you say those words. You know I'm just totally okay, totally okay.

Client (31:25): It really is. It really is. I can think of a thousand ways and a thousand things I've done or refuse to do in my life because I just haven't had the energy to pull it all back together and go out and do, right what do you need and how do I do this? And okay, I've got to, to be able to go. You know what, I don't actually have to do that anymore. I can just show up and whatever is completely fine. And trust that it is completely fine is just bloody you know it means everything is possible. There are no limitations.

Coach (32:12): And is that the real Debbie?

Client (32:14): Pardon?

Coach (32:15): Is that the real Debbie?

Client (32:17): I think it is. I think it is. Wow. Yeah, I think we've answered it.

Coach (32:46): I think you've answered it. Sounds like you have. [laugh] I've got a tear in my eye.

Client (32:54): Aww. I just feel, I don't even know the words. It just feels like um, you know how those I am worthwhile. You look in the mirror and tell yourself you are good and you are valued, and it's kind of like uh not seeing it. Whereas this is just such a different construct for thinking about it um, that of course I'm okay. How could I not be okay? How could I have ever wondered? You know, it just is a different totally different thing, totally different thing.

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Coach (33:37): Hmm. And I'm wondering now, as you think about the next year, it's how you started the conversation, the kids are adults now. How does it feel now to just be totally okay when you think about the year you've got coming up?

Client (33:56): Well, if I was excited before, now I think I was excited before, but also was approaching it with a bit of trepidation, like, oh my God, this is going to be big and hard. Phooff. And whereas now it's like, bring it on like you know, how exciting. But in a much less overwhelming, um you know gigantic-nesses, just as this is going to be lovely. This will be a wonderful adventure.

Coach (34:35): Hmm. It sounds like light and easy, much more relaxed.

Client (34:39): Yes, yes. That's what it feels like. Somehow this has given me permission to relax and enjoy rather than struggle.

Coach (34:50): How does it feel to shed that layer of struggle?

Client (34:54): Ahhh. Hallelujah. [laugh] Because in the world I grew up in, there was honor in struggle you know working class you, you've got your back in, that means you're doing good. Um, so to let go of all that and go, you know what, not so much is just lovely.

Coach (35:21): So I wonder, is there anything else that you need now, Deb, to make this more complete for you?

Client (35:26): I actually don't think so. I think this has been completely liberating you know and really incredibly valuable. Thank you so much.

Coach (35:36): Well, I acknowledge the shift you've made and your willingness to go deeper and your willingness to really connect with your vulnerability.

Client (35:44) Well, thank you for coming with me.

Coach (35:49) It's a pleasure. Absolutely.