



Peace

What to know about Peace Process

Much of our day is very active. We have thoughts, feelings, decisions to make and actions to take. We get bombarded by external stimuli every waking moment. These factors combine to keep us in a 'reactive' state instead of a responsive state of being.

It's a challenge to find one's true sense of self while having to cope with all the forces at work that take us 'off center.' And yet, it is very valuable to be responding to all these elements from a place of neutrality, centeredness and peace.

It's especially important for the coach to be on center before, during and after coaching.

- **Before** – since we don't coach in a vacuum of compartmentalized moments, one moment bleeds into the next. In that way, the moments or even hours before a coaching session can carry into our session with our client.

Coaching Presence requires that we be absolutely present for our client during the session. If we're still handling leftover energy from the previous part of our day, it can affect how we listen, what we ask, and even the experience of our presence that the client feels. It can have the client be less open if they feel the coach isn't 'with them'.

So it's very important that the coach have a process with which they can 'clear the slate' of what they have been experiencing right up to the moment the session begins. This allows the coach to start as a blank slate of presence that the client fills up with their desire for being coached and what they want to get coaching about.

Remember, coaching begins with the first breath. It's important to have that breath be peaceful, neutral and without any energy of anything that went before. The coach can then start the session with a presence of openness, rather than one where there's some 'unfinished stuff' in the air.

- **During** – as the session progresses there may be times when the coach is thrown off balance. It could be that something the client says has triggered a leftover of unfinished business in the coach. It could be that the client has said something that clashes with the coach's values, beliefs or principles. There could be many things that throw the coach off

balance. It is less important exactly what it is, that getting back on center for the coach. (unless it must be addressed in the here and now it can be handled later)

So the coach needs to be so conversant with the process of returning to neutral that they can do it relatively quickly while the session is going. They may need to inform the client that they need a minute to 'process' what they've just heard. In this way the coach is also modeling for the client how important it can be to stop and take stock of their own state of being and to get back on center before proceeding. While it might seem like a disruption of the flow, it's important that the coach reconnect with neutral otherwise, the rest of the session will be heard through the filter of what's been triggered.

Another aspect of this is that it is very important that the coach not suppress the 'triggered' moment in order to appear, 'perfect' and beyond distraction, basically....not human. The vulnerability is a great message to the client. It gives them even more permission to let go of having to be 'perfect' in order to be accepted. It gives authenticity and genuineness to the moment when the coach gets thrown, acknowledges it and then gets back on center. Sometimes merely identifying the experience will be enough. Other times, a moment of Peace Process is what's called for. Each moment will be different. The more the coach comes from a practice of Peaceful Coaching Presence, the more readily they can recognize exactly which path to take.

- **After** – it is very tempting after the session for the coaching to do a small 'post mortem' assessment. An assessment of how they think they did during the session. Oftentimes, the coach will head toward one or the other end of a continuum where one end is "I was brilliant" and the other end is "I sucked". Neither assessment is useful.

In order for the coach to have anything remotely close to accurate about what went on, it's useful again, to revisit the neutrality of Peace Process. This way they can assess from being without the ego that usually passes judgment or seeks praise. They can view the session with an eye toward the Growth Mindset...the mindset wherein the prominent energy is "what is there for me to learn?"

This is tricky because without the neutrality state of being the coach may well ask the question from a state of fear "What can I learn so I never do X again?"

When else to do the Peace Process?

- A. As a start and set up for the Reveal, Connect and Deconstruct processes
- B. To establish a 'baseline experience for the Perceive, Be With and Space processes
- C. Right after waking up or right before going to bed
- D. When something has intruded into your consciousness and disrupted Peace
- E. Before one is about to have a difficult conversation in business or life
- F. When you have a feeling like you don't belong in the universe and/ or feel all alone
- G. As a regular part of life so as to attain, a more consistent background of feeling at Peace

How to do the Peace 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 your breath goes in and out like the waves of the ocean

Now notice that your life energy is like the ocean with waves of energy going in and out with the breath. (pause) Now begin to see yourself as the ocean, with the waves moving back and forth in rhythm with the breath. Observe the surface which is full of busyness – waves, foam, movement, much like your mind filled with the busyness of thoughts and the body busy with feelings moving into thoughts and thoughts creating feelings. (pause, allow a little time for this)

Notice that all this busyness is floating on the surface level and near surface level.

Now let yourself go deeper, dropping down and down in this 'ocean' to where it's less busy, and it's getting more and more quiet the deeper you go and the further away you get from the 'noise' of the surface.

The deeper you go the more distance you're putting between you and the busy surface of thoughts and feelings. (allow some time to notice this)

Now let yourself go even deeper where it is even more silent and with less movement. Even though every now and again a few thoughts will bubble up out of you to the surface or some feelings may arise and float up. There's no need to try and change this phenomenon or ignore your thoughts and feelings. Just notice that the deeper you go the more they are becoming less and less present in your awareness and fewer and fewer they are as you have more and more quiet. (allow some time)

Notice this effect continuing as you go deeper now finding yourself in almost pure silence inside. Let yourself float at this level.

What's your feeling now? If you had words to describe it what would those words be to describe your state of being? (allow a few minutes)

Now, slowly let yourself rise to the surface bringing with you that depth of silence in your being. Bring it with you as you come to the surface so that even when you get to the top, even the normal busyness and noise seems distant and less impactful.

When you feel you're at the surface and back in the room' open your eyes. See if you can sense the presence of that silence within you, and around you, almost as if you are swimming in it.

Additional Information about Peace and its relationship to the Space Process

Jack Kornfield, a contemporary teacher of meditation, finds a parallel between the behavior of subatomic particles and meditational states:

“When the mind becomes very silent, you can clearly see that all that exists in the world are brief moments of consciousness arising together with the six sense objects.

There is only sight and the knowing of sight, sound and the knowing of sound, smell, taste and the knowing of them, thoughts and the knowing of thoughts.

If you can make the mind very focused, as you can [in meditation](#), you see that the whole world breaks down into these small events of sight and the knowing, sound and the knowing, thought and the knowing.

No longer are these houses, cars, bodies or even oneself. All you see are particles of consciousness as experience. Yet you can go deep in meditation in another way and the mind becomes very still. You will see differently that *consciousness is like waves*, like a sea, an ocean.

Now it is not particles but instead every sight and every sound is contained in this [ocean of consciousness](#). From this perspective, there is no sense of particles at all.”