

Seeing your Client in their Best Light

In order to bring the potential out of your client and to allow them to grow outside of the box they have put themselves in YOU have to be the person to see their truth/power/alignment and what's outside of the box.

What's outside of the box is going to be the amazing things that are available to them but it also will contain the "edges" or the fears/judgements/anger/ego that they have to face.

What is the box?

The box is the limitations put around your client via their family karma/conditioning/limiting beliefs/current life situation and ego.

YOU have to be the person who helps them to see beyond the box.

This box feels "normal" to your client and essentially it's "comfortable".

The box being comfortable means that although your client is currently saying that they are in pain/stuck and want to change...the reality is that this current box feels "safe" to them because it's what they know.

Their Soul wants out of the box but your clients Ego will be particularly vigilant as to them reaching towards the edges of that box and because it seems like YOU are leading them towards the edges of their own box (when in fact is if their own Soul), you have to expect that at some point there is going to be an Ego backlash potentially directed towards you.

You must EXPECT this to happen and set healthy boundaries with your client at this point.

You must be more earth (and sometimes the other elements depending on your client...we will go over the elements as a coach later) and use grounded presence as in this dynamic YOU are the embodiment of their Soul.

Be aware of projections and that your client often cannot see the things that you can clearly see as when in Ego this is often the case.

If you allow your Ego to speak more loudly about your client than your heart/soul/inner parent...this can make your session wobbly. You must find the place within yourself where you can ground into yourself and detach from their projection.

At the point where there is what I call "No energy" meaning your client is in denial of that which you see but they do not see...you must halt the subject or session. Remember, when Ego is in the room (yours or your clients) often it will call you to go around in circles!

It will stop you from escaping the loop because it's designed to project and create distraction in the form of conflict, excuses, denial, anger and victim thinking.

Ego does not understand...it is not designed to understand! Only connected hearts and open energy understands!

Ego structures

Ego travels down the family line. This is why your client's Ego will often reflect the ego of their parents or other caregivers. The more dissociated from their parents they are (meaning they don't wish to be like them or have actively worked on not being like them and do not see themselves like them) often the harder it is for them to see the places where they are like them.

This does not mean that your client is EXACTLY like their parents' ego. It's just worth noting that Ego is a trickster and often appears in areas where your clients are not looking.

Imagine Ego like an entity, constructed through the repetition of thought forms throughout generations. Each generation says a particular thing for example..."Money doesn't grow on trees"...this repeats.

Everytime the next one in the generational cycle adopts this message as their own, the entity is fed and continues to live and grow.

I call Generational Ego an entity because it's like a virus...it is not a living thing and yet it lives within its host.

It acts as if it is a living breathing organism and yet it is only alive because you have continued to adopt it as you.

The aim of me explaining this is not that you now declare to your client that they are in their Ego! This rarely goes down well.

The aim is to remind you that within everyone lies a conditioned Generational Ego that is often playing out as the person.

As you work with your client you should be able to get a "flavour" of when their Ego is at play rather than their conscious being.

Some ways of recognising Ego

- Regular language (meaning sayings that are often repeated) “I don’t know”, “I can’t” “I’m just this way” “I’ve never done that before” etc (often also included ancestral entities/thought forms as well as learned subconscious patterns)
- Mother/Father archetypes (subconscious programming of their own Mother & Father)
- Physical patterns (shut down, overthinking/in head, blank facial expression, blank eyes, avoidance of your eyes, anger/tension, fear/tension, slumped over, rigid & straight, crying, biting lip, wringing hands, tongue licking lips, scratching, picking nails/nail biting etc) ...some of these will simply be nerves but notice if there is a pattern as to when a
*“part of self” is present within your client

*We are many different parts and these many parts of self make the whole. When these parts are at war with one another which they often are and often completely unaware of the other “part/s” then this causes us to be out of alignment with ourselves. The parts we are focused on here are the Inner Child, The Ego, The Inner Critic, The Soul Voice/Inner Parent.

However there can be other parts of self that may pop up such as a person’s Masculine & Feminine because these are inherently the body (inner child/feminine/soul voice) and the mind (ego, masculine, inner critic) ...right now you do not need to focus on this but it can be helpful to note at a later date.