

Dial In!

Tuning your coaching intuition

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As a Law of Attraction coach, I practice a hybrid coaching model which includes references to a concept called The Emotional Scale. This is described in detail in the New York Times Best-selling book, *Ask and It Is Given*, by Jerry and Esther Hicks.

The Emotional Scale is a list of 22 emotions ranging from Fear, Depression and Powerlessness at the bottom to Joy, Empowerment and Freedom at the top. Because thoughts are attractive in nature, helping the

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client keep focused on those near the top of the scale tends to attract similar-feeling thoughts. This built-in, self-feeding support system then helps clients help themselves to feel better as they work through their issues. It’s a truly remarkable system that can help some clients move very quickly toward the things they want.

It turns out that one of the more fascinating side effects of being in a feeling-good state of mind is that this is also when we are most likely to receive intuitive impulses. It’s somewhat similar to the way a radio receives a given station. The station called “intuition” is at the top of the dial where the best feeling thoughts are. When our emotional radio is dialed down to the bad feeling thoughts, we can’t pick up the intuitive station. As we move the dial upward toward better feeling thoughts, however, we get closer and

closer until we pick up the station.

During your coaching sessions, you’ve probably noticed that when a client turns the corner on an issue and starts feeling better, it tends to spill into other areas. Part of the reason for this is that, as we help our clients to naturally feel better through the coaching process itself, they also start to hear their Intuitive Guidance System more clearly. If they act on those impulses, they are naturally guided to things that help them to feel even better.

This is another part of the self-feeding system that, if they can maintain

the good-feeling thoughts, can sustain them indefinitely in a good-feeling state of mind. Good-feeling experiences give us reasons to feel good which, by Law of Attraction, brings more things to feel good about.

We, as coaches, can also tap into our own Intuitive Guidance System by using this same concept with ourselves. I can tell you from my own experience that once you jump into this intuitive stream, coaching becomes truly magnificent.

Here are some steps you can practice for the purposes of developing a consistent Intuitive Guidance System:

1. Before a coaching session, take time to visualize things that make you feel good. Although it may seem obvious that we should be in a positive state of mind when starting a coaching session, how many of us actually take the time to consistently do this? It helps me to think about



successful past coaching experiences, but you can use any subject that causes you to feel good.

2. During a coaching session, stay present as to how you feel. We all have ups and downs, so notice when you’re down and then find a way to regain your positive state of mind as quickly as possible. This keeps you in the intuitive stream where your impulses are flowing to you. I prefer the analogy of a burning ember that lands on your sweater. Like a bad-feeling thought, if you shake it off quickly enough, it won’t consume you.

3. Outside of the coaching session, create and maintain a Touchstone List. This is a journal of times in your life when you were aware that you received an intuitive impulse, acted on it and then got a desirable outcome. After a while, you’ll have a list of reminders as to how powerful and natural your Intuitive Guidance System really is.

If you consistently practice these steps, at some point you will suddenly feel your Intuitive Guidance System click into place. You’ll feel a new level of clarity, ease and enjoyment in your coaching that you may only have glimpsed before. You’ve now become the coach that you always knew you were. •