

Judy, (a client whose story is shared in my book) stopped obsessive thoughts about the plan for reorganization of her department by shifting into Air Energy. The leader of the department in which she worked had appointed a committee to make recommendations for reorganization and she was deeply concerned about the upcoming report and how it might affect her lifelong work...even her future role within the organization. Now that the report had been disseminated, she had had an opportunity to write a written response. A meeting with the entire department was scheduled within the next few days for open discussion and possible decision making.

During a coaching session, she discussed her choices for the mood and supporting energy in which to be for this important meeting. She wanted to be in a mood of Acceptance and Peace but knew she was in Ambition around her view of the ideas in the report. She almost immediately decided that her habitual use of Fire Energy with those who disagreed with her would not serve to change anyone's mind, certainly wouldn't support the desired mood; she had already tried that! She recognized that there were also some points in the report where she could be in Water Energy supporting a mood of Peace because she could go along with what was written; it really didn't matter that much to her in the long run. **As our discussion progressed, Judy felt that Earth Energy might serve her and the whole department.** From Earth Energy she could share her strong beliefs with just a few words and the others might even hear her completely and be swayed from her calm certain energy. After more discussion and role playing, she realized that she would have to be a very good observer during the interactions at the meeting. She planned to shift into Center Energy every so often to sense when the others were feeling she was too much in Earth Energy suggesting unwillingness to consider their ideas. **But how would she share what she felt was leading the department in the wrong direction for the sake of the mission of the whole organization?** I suggested that she consider the use of "I wonder..." statements or questions. From the mood of Wonder/Curiosity supported by Air Energy, she would be able to present her ideas as possibilities rather than "the only way". We then role-played some possible conversations. The more she played with "I wonder..." statements and questions, the more comfortable she felt about this energy serving her and the entire department.

Judy and I had another coaching session following the meeting. **She was amazed at how well she felt during and after the meeting. Shifting energies worked to keep her from taking things so personally and allowed her to bring up the ideas she felt had been overlooked.** Judy never felt the need to shift into Fire Energy as she was grounded (Earth Energy) in what she believed. She felt heard and she was able to listen in a more objective way. The next day she was most amazed when a colleague came to her office and stated: "I have never heard you be so logical in presenting your ideas. Your, 'I wonder' questions really supported our group in considering some important concepts." They talked for a few minutes and he was able to share that he supported some of her ideas after hearing them presented in this way. He praised her for this shift in understanding the other side and still standing her ground by being "logical" with her arguments.

Judy had never considered the thought that she was perceived as illogical when she presented her ideas from Fire Energy. She knew the words that went with "I wonder" also supported this new perception. She now has a greater understanding of how shifting the flow of

energy shifts her language and her emotions as well as the language and emotions of others. Judy feels some acceptance and much more peace around her dilemma.

5 Life Energies is a good resource book for ontological coaches because it includes many practices that support working with clients, both during sessions and as “homework”. The coach does not need to use my names for the energies, my visuals (archetypes), or even the term “energy” to find value in the collection of practices. The coach, however, does need to accept the principle of the cohesiveness of who we are.