



## ***Explanation of the 5 Domains: Body, Emotion, Cognition, Energy & Spirit***

### **Domain of Body**

*Your body is the womb of your soul... if you want to give birth to your true self, you are going to have to dig deep in that body of yours and let your soul howl.*

**--Gabrielle Roth, Sweat Your Prayers, © 1998**

**As transformational coaches** it is vital that we learn to work with and through the body, our own and our client's.

- **Our body** is the physical manifestation of **all that we are**. Our beliefs, thoughts, emotions, and energies are laid down through repetition in our bones, joints, muscles, skin and cells.
- **These habits create our thinking-feeling-movement patterns** that shape our body and allow, or not, the manifestation of our spirit.
- **By listening to our body** we become present and can discover our current patterns and choose to shift them when they no longer serve.
- **By transforming our body** we can transform our habitual thinking-feeling- movement patterns that run our lives automatically.

### **Domain of Emotion**

*We are feeling beings that think, rather than thinking beings that feel.*

**--Jill Bolte Taylor, My Stroke of Insight, © 2006**

**As transformational coaches** it is vital that we learn to feel and listen to our own emotions so that we can help our clients feel and listen to their own.

- **Emotions** are dispositions to act, to move... like LOVE.
- **Emotions are sensations** in the body that give us information or messages about the present moment.
- **Emotions** are contagious.

- **Emotions shape** our body, our muscles and our movements and generate language that can open or close possibilities for us.
- **Emotions are energy** with different frequencies and vibrations, they create different thoughts, bodies, relationships and environments.
- **Emotional Intelligence** is like learning to surf. Listen to your emotions, feel them, hear their message, choose how to channel them, and then move onto the next one.
- **Shifting Emotions:** We can shift our emotions by feeling and accepting them, by shifting our bodies and thus, our thoughts.
- **REMEMBER, we are not our emotions nor our thoughts,** we are the one who observes them.

## Domain of Cognition

*There are things known and there are things unknown, and in between are the doors of perception.*  
--Aldous Huxley

**As transformational coaches** it is vital that we learn to see the observer we and our clients are being. It is also vital that we learn to hear our inner and outer language, beliefs, narratives and stories so that we can help our clients see their own and so choose the world they want to create.

- **Cognition** is the process of making meaning through the mind and **language**.
- **The language** we use, the beliefs we have about ourselves and our world, **create** the world we live in.
- **Language opens and closes relationships** and agreements with ourselves and with others.
- **Our language can connect or disconnect** us with our emotions, our bodies, our energy, and our spirit.
- **The language** we use depends on the **observer**, our habitual thinking-feeling-movement pattern, we are being in our world.
- **By transforming our language**, we can transform our Observer, our habitual thinking-feeling-movement patterns.
- **Our language generates our energy field** that opens and closes our possibilities with ourselves, with others, with our circumstances, and with the universe.

## Domain of Energy

*We are more like a flickering flame than a hunk of meat.*

--Candace Pert, *Your Body is Your Subconscious Mind*, © 2005

**As transformational coaches** it is vital that we understand how we connect with others through the energy we are... and to use this wisdom to be more effective coaches as we support our clients.

- **Energy** is the **Unity** of all the domains... Body, Emotion, Cognition, and Spirit
- **Energy** is **Presence**... that of the coach as well as the coachee
- **Energy** is how we **Connect** with each other if we vibrate at the same **Frequency**
- **Energy** is the representation of the **Nonverbal** and the **Nonvisual**
- **Energy** is **Felt** by the other
- **Energy Influences** the energy of the other
- **Energy** is the **Consciousness** (our **Perceptions**) followed by **Manifestation**
- The **Flow** of our **Energy** is a **Choice** and thus can be shifted

## Domain of Spirit

*We are not human beings on a spiritual journey. We are spiritual beings on a human journey.*

--Stephen R Covey

**As transformational coaches** we need to learn to listen to our hearts and reconnect with our spirit so that we can accompany our clients on this same journey.

- **Spirit** is **Love**; it is the expression of our very **Being**.
- **Spirit** is our guiding light and purpose sometimes felt or named as intuition.
- **Spirit** is held by our body, the womb of our soul/spirit.
- **Spirit** is felt by others as **energy** which connects us all.
- **Spirit** is more than our emotions...
- **Spirit** is more than our thoughts...

**When you allow your Spirit to lead your life you are led by love and aligned with your purpose.**