

Personal Coaching:

Going Bigger, Moving Faster and Finding Transformation

By Louise LeBrun

Our world is not about to change, it already has changed! We can no longer simply presume that what was, still is; and that what we once held to be true can still be relied upon to continue to be true. From the more obvious effects in our physical world of global climate change to the more subtle changes in our thoughts - our beliefs about ourselves, our world and our ability to move effectively through that world - we know intuitively that something is moving and we're right in the middle of it all!

The practice of personal, business, wellness and/or life coaching is one of these more subtle areas to consider. Surrounded by the discoveries of a quantum world, we seem to insist on continuing to engage in the process of coaching as we always have. Our language may have changed so that we talk about coaching instead of counseling/therapy/etc; and we may now include a mindfulness of and references to energy, but the context within which we express this language continues to be the same. That context is one of an unchallenged, familiar, traditional allopathic/Newtonian world.

One way to begin to notice this is to pay attention to how, for example, we talk about energy. We continue to use the language of the allopathic/Newtonian world...the 'therapy' world... and speak of good energy and bad energy (judgments along a continuum); we speak of 'holes in our auras' (physical experiences attributed to a non-physical domain); we speak of others sending us or infusing us with their 'negative' energy (someone 'out there' able to do something to me 'in here'), all of which use the language associated with a quantum perspective to describe a Newtonian world experience. And yet, it never occurs to us that in a quantum world, there is no good/bad, right/wrong; and there is no 'other' to be sending us anything. There is only us.

We now understand from today's science that our physical 'reality' is formed long before it appears before us in ways that we can see it, touch it and engage with it - and that includes the 'self' that each of us is, moving through this same physical world. At much deeper levels of our own being, energy plays a part of shaping who we are, who we become and how we design and engage our lives. Yet, we continue to engage in conversations for change through the coaching process, in a context with presuppositions that are no longer valid. What may be true at one level of 'reality' (i.e. the physical world) may no longer be true at another level of 'reality' (i.e. the energetic world).

The physical world is far less malleable than the energetic. Attempting to create shifts of any kind at the denser levels of physical mass will always require more effort, more struggle and more time since the requirement is to undo the density

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that exists before being able to re-form that density into something different (i.e. in a 'therapy' model context, we need to know and understand how it got that way before we can make it different). Energy, on the other hand, can be moved, reshaped, transformed far more easily given its properties of being without physical form and having no mass in a physical reality. Change, at this level of 'reality', is effortless, free of struggle and can happen in the blink of an eye. Given that energy shapes matter, transformation then becomes a process of shifts in energy that redefine matter. Change the energetic framework within which matter exists, and matter changes to reflect the new framework. Piece o' cake!

And yet, as much as we know these things from all that we can now read and listen to about our amazing, incredible quantum universe; and about how we, as human beings, are these amazing, incredible quantum biological beings, we seem to forget it all when it comes to making changes in our own lives. All that quantum stuff is fine for technology, medical evaluations, weird experiments and far-away conferences on impractical things, but not so for our personal lives; for our day-to-day 'reality' of feelings, family, wellness and work. For that, we seem to push all aside and turn to what we know: the allopathic/Newtonian 'truth' of who we are as human beings. And so, the struggle continues.

To change our language from 'counseling/therapy' to 'coaching' is not enough to make the difference that so many of us desperately seek. We must also change our own thoughts...our own energetic frameworks...within which we hold our definition of WHAT a human being is, for how we define WHAT we are will determine HOW we engage – ourselves and each other.

Human beings are quantum biological processors, with the unique quality of 'self' emerging through this quantum biological processor and expressing in a physical world. In all communications – with ourselves and each other – there is always the need to pay attention to just how many of 'us' are in the conversation! There is the natural intelligence that forms part of the incredible organic being that we are; and there is the LifeForce intelligence that we are that streams through all of it...accessible, available and very willing to chat! However, if we do not pay attention to it and seek out its legitimate presence, what we are left with is the organic intelligence that knows what was, fears what is and limits what might become.

Whether we call it 'coaching' or 'counseling' or 'therapy', it is all about the same thing: human beings seeking to be whole, animated and engaged in the living the full expression of their unique lives. The 'New Science' offers us much more than its curious and sometimes enigmatic content and lays out before us the pathway to discovering a very different truth

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become willing to entertain this possibility, there is no thing that cannot be reshaped and manifested differently – with speed, accuracy and ease.

In this world, recognizing that we are the signal...the LifeForce...that flows through the quantum biological processor of the body, allowing expression in a physical world, we also recognize that all disease, all 'dysfunction', all challenges of body, mind and behaviour are one thing: information. Not good/bad, right/wrong...just information. This information carries the intelligence that we require to transform our selves, our lives and each other, to make way for creation of a very different world. When we become willing to trust this (and trusting this is a critical element), we become able to create miracles...magic!...in how quickly, effortlessly and profoundly we become more of who we are destined to become.

In this world, disease disappears. It is not that we attack the disease by cutting things out with surgeries or covering them up/silencing them with chemicals, is that they simply disappear. Once the message has been received, the vehicle for the transmission disappears. When something is no longer needed, the body releases it.

Along this continuum of energy to matter; from thought to 'reality', information/intelligence from the Signal/LifeForce that we are is occurring every second of every breath that we take. It is not that the information is missing – it is that we have lost our ability to recognize it for what it is. When the information flows, it comes first as pure energy...as impulses or signals in the body to engage in some way. No language can accurately describe this phenomenon – it's something that you just know. When this is not received and engaged, it increases in density and flow and begins to affect our thoughts, resulting in 'thought' disorders. When this is not received and engaged, it increases again in density and flow and begins to affect behaviors...like habits and addictions. And when still not received and engaged, it increases in density and flow and finally – in a last ditch effort to get our attention – begins to alter the very matter of the tissue of our bodies. We become diseased with tumors, decaying organs, skin disorders, etc...a variety of physical cues that present in a desperate attempt to finally...finally!...get our attention. In our physical world, the body is the last frontier and the last chance at decoding the inner message waiting to be heard and engaged.

It need not come to this. But for this, we must become willing to reconsider and redefine what we are as human beings; and reconsider how to engage the inner truths that press for us to pay attention. Any counselor/therapist/coach with any experience already knows: we can offer insights, we can invite and press and comfort and cajole and in doing so, notice differences. However, we also know that until our client takes back their own life – until they

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find a place inside themselves to stand and from which to redefine their lives – it is only a matter of time until the next problem presents.

The good news? Human beings are magnificent in their imperfection! It is this very truth that guides us into and through our own evolution. The trick is to let go of all that we've been taught to believe we are and allow ourselves to relax into what is instinctive and intuitive to our expression. It really is that easy!

Claim what moves inside you. And remember one final thought: never allow anyone or anything to get between you and the truth of your own experience. It is our birthright and our pathway home to who we know we were destined to become.

Louise LeBrun - Founder of the WEL-Systems Institute – is the creator of The CODE Model™ and CODE Model Coaching™. Her work changes lives – profoundly, rapidly and generatively. In times of uncertainty, agitation and fear, she believes that what is inside us will shape what unfolds outside of us, as evidenced by the choices we make. At this time, Louise is committed to working exclusively with women to redefine and reclaim leadership. Her original and extensive collection of books, CD's and guided experiences have been helping women to trust the truth of their own experience, redefining and reclaiming leadership for a new world. Her retreat intensives catapult participants beyond their history and into an *Emerging Future* of their own design.

More and more, those who are already credentialed in their field of practice are beginning to seek what's missing and finding The CODE Model™ to be a compelling, effective and predictably reliable framework for accelerated evolution. As a result, Louise now spends most of her time working with those who have the desire to work with others, helping them channel their desire for more and discover their innate ability to create these same outstanding results in their lives and in the lives of others. You can find her blog at <http://louiselebrun.wordpress.com/>; or more info at the WEL-Systems Institute at www.WEL-Systems.com

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