



Therapy

Life Coaching

Using QuietQuality™ for Coaching

Stephen Bray

The ability to effectively coach another person is limited by the level of awareness of the person receiving the coaching and the level of awareness of the coach. The most effective coaching occurs when both coach and subject are operating at the very edge of their awareness and personal experience. This is because their respective personal sense of awareness balance and the roles of coach and subject easily dissolve into one single process of exploration. Such explorations may involve states of trance, movement, exhilaration, free-association, fear, laughter, risk taking and story telling.

People have different styles of understanding and interpreting the universe that they seem to inhabit. Coaches need to be able to recognise and respect these styles with sensitivity and compassion, even if they are markedly different from the natural style of the coach. The very best style for a coach is to be 'dead to the world', that is to say lacking in attachment to any particular outcome other than that of increasing the awareness of the subject. Coaches constantly work to increase their awareness outside of the consulting space. They do this through such activities as meditation, developing sporting and musical skills, writing, walking and especially by being scrupulously honest with themselves.

Whereas most people will in private practice their strengths, the activities in which they feel competent, a coach constantly seeks to practice activities that are neither enjoyable nor within their accustomed range of abilities. They do so in order to master their universe and also to expand their awareness. A coach recognises cruelty, perversion, addiction, malicious intent and action, genocide, rape and murder as possibilities within

themselves and knows these either through exploring them in the world, or in the world of therapy, or through fantasy.

These demons neither shock, nor horrify the coach for like the activities described above concerning the outside world, the coach owns them as possibilities within themselves before overcoming them by finding ways to diffuse their power through focussed attention whilst in a state of QuietQuality™. It is the owning and taming of these demons that enables coaches to be compassionate and separates them from those that they counsel, for the average person cuts off and disowns the cruelty that lies in wait as potential within the mind of nature and to which humans in particular have access. Indeed when the average person feels shock, horror, anger and outrage at some unspeakable act, it is that very evil quality within them that speaks and now holds dominion over them.

This is because the average person operates from one of the two levels of awareness above QuietQuality™ on the *Seven Alternative Ways to Fulfilment* sheet (i.e. Survival or Competition). Even relatively advanced people who possess some facility to live in QuietQuality™ may be evicted by their demons into survival or competitive mode if they have not previously encountered, accepted and tamed them. Once tamed however, they become powerful allies that defend a coach from those that prevail too much upon his or her good nature.

Seven alternative ways to Fulfilment

Copyright 2000 Stephen Bray with acknowledgement to Abraham Maslow and Deepak Chopra and around 5000 years of wisdom from other sources!

Survival: (Danger/Threat)

You fulfil your life through family, community, a sense of belonging, and material possessions.

Precipitation: drama, arousal, danger and rescue.

Competition: (Striving/Power)

You fulfil your life through comparisons with others in terms of: success, power, influence, status and a sense of personal identity.

Precipitation: specialised skills in music, sport, entrepreneurship and academic achievement.

QuietQuality™: (Restful Awareness)

You fulfil your life through self-acceptance, presence, and inner-silence.

Precipitation: premonitions, knowing what to do and when to do it, lucky co-incidences.

Insight: (Understanding and Forgiveness)

You fulfil your life through understanding that others are different from how you choose to be; accepting them for who they are and learning by experiencing the differences.

Precipitation: true friendships and prophetic powers.

Discovery: (Play/Inspiration)

You fulfil your life through creativity, experimentation and openness to learning.

Precipitation: the ability to express original ideas that inspire others.

Vision: (Reverence and Compassion)

Your self-acceptance and self-knowledge enables you to revere life and causes you to do your best to serve and preserve it.

Precipitation: thinking outside of the box, taking part in miraculous occurrences by witnessing them in an altered state of consciousness

Unbounded Unity

You experience life directly, as 'It' is without 'whistles and bells' and the need to be or do anything.

Precipitation: the ability to take life as it comes knowing what's necessary whilst saying little.

Different Learning Styles

People experience the universe in different ways at different times in their lives. These different ways of experiencing we call their *Map of the World*. However, as Korzibski states 'the map is not the territory'. The 'Q' model states that the Universe is composed of three interlinked components that then give rise to perceptual phenomena. These are: a Universal Consciousness that contains within it every possible possibility in seed form, (including the possibility that it does not exist); a perceptual system such as an amoeba, or a human being; and a physical universe. All of these are all representations of the same thing. Universal Consciousness experiences an awareness of itself through the cellular structure of animals and plants which precipitate a material world that includes a sense of time, from the timeless infinite possibilities available within Universal Consciousness.

Human beings are unusual in so far that unlike other species that will experience the world in similar ways; (for example, all deer will experience a deer's world); humans will experience the world in different ways.

The possible ways are through Vision, Hearing, Movement, Emotion, Physical Perception, Relationships and World Events.

The visual way means looking for pattern, shape and form, colour, aesthetics and beauty. When these are absent there is a tendency to prone to blame others.

One hearing way is to listen for tone, rhythm, harmony and resonance. Hearing is the perceptual tool of the hunter, for it is a 360-degree sense warning of danger and of possible prey. The hearing way recognises difference and discord and creates it if it cannot be found in the environment.

Another hearing way is to intellectualise by excessive talk, or by living in the head cut off from the environment of which we are each a part. This way can be cold and waspish. It is also fiercely defensive although it may appear competitive.

The movement way is to experience life as a dance, at one moment a river, at another a horse or a cat. This way is spontaneous enacting the possibilities in the moment for all to see. It is both an active and a present way imbued with great self-acceptance.

The emotional way is to be vulnerable to inner feelings, easily be wounded, and dependent on others for strength and to be tormented by uncontrollable demons within. It means lacking the perception of being rooted, or feeling so rooted as to be heavy with depression.

The physical perception way is to be deeply sensitive to changes in the body, to hot, cold, hunger, thirst, hardness, softness and to be able to amplify this sensitivity and enter into its tender spots to enter dream states and explore other worlds in a trance. It is way intuitive, alive but reflective and static.

The relationship way is to confound and confuse yourself in communication loops with others, or to be in love and blend with the Universal you sense within them. It is teamwork where all parts of you act in unison with all parts of others; or perhaps in the survival and competition levels it represents alliances for survival or domination.

Sometimes the learning comes from overcoming your reaction to miscommunication, sometimes from being understood.

The world event way may be political, or mystical depending upon your level of awareness. Those that fear death and feel insecure will seek out news to confirm their view about their world and their place within it. They might engage in political activity and they enjoy debate. Those with more universal awareness will perhaps experience synchronicities those coincidences that balance our inner and outer reality through seemingly magical occurrences.

It follows that a coach must possess a facility with each and all of these ways in order to enter into precipitate with their client/subject a world that is shared rather than to *live on another planet*. A coach is essentially a guide, a mentor, and an advisor at different times. He or she may be possessed of technical information and skills that the subject needs; on the other hand such information is probably less important than having acceptance of and, presence and awareness in the subject's world.

The coach knows that *s/he* and the subject are simply possibilities within Universal Consciousness co-existing within a field that enables each to function within that place and moment in time. The subject probably experiences the meeting as mundane but the coach experiences it as miraculous. By exploring the world of the subject the coach opens up possibilities through which both may explore the universe and add to their respective awareness. In so doing they enable the Universal to witness itself within newly precipitated concrete realities.

Coaching Developmental Leaders

A developmental leader will have come some way toward becoming a coach; indeed coaching may be an important function within the Developmental Leader's day.

The Developmental Leader qualities of:

- ✓ Having presence and showing awareness
- ✓ Being at ease with powerful people
- ✓ Inspiring by example
- ✓ Being interested in people
- ✓ Thinking creatively about how to engage another
- ✓ Operating from a value system based upon self-knowledge and integrity
- ✓ Making impossible things happen

- ✓ And compassion

Are all prerequisites of coaching.

A coach however carries a great deal of spiritual and psychological power that is always present for those that are truly open to learning. Coaches frequently have accumulated personal power by learning to survive suffering. Martin Luther King for example was possessed of great charisma and vision although he suffered the indignities of racism throughout his life. The Dalai Lama's attitude is wholly compassionate although he and his country have suffered gross indignities at the hands of the Chinese government. A tough life intimidates many people. Racism, sexism, homophobia, religious persecution, childhood abuse and ill health destroy many people; but those who have learned how to survive are an example to us all because they are identified with the Universal rather than simply with their personal selves. A coach is similarly identified.

So:

- A Coach obeys the spirit rather than the rules
- A Developmental Leader seeks to influence the system; the Coach stands for everyone within it
- A Developmental Leader anticipates trouble and seeks to eradicate it, the Coach embraces trouble seeking to tame it, learn from it and make it an ally
- The Developmental Leader strives to be honest; the Coach shows that there is truth in everything
- The Developmental Leader seeks democratic consensus; the Coach also listens to dictators and ghosts
- Developmental Leaders help others to be more creative and better at their jobs; Coaches try to get others to become Coaches
- Developmental Leaders strive to learn wisdom; Coaches are mindless. They follow the clues of communication and nature
- Developmental Leaders need time to reflect; the Coach knows what's happening in a moment
- Developmental Leaders learn; Coaches remember
- Developmental Leaders act; Coaches let things evolve through awareness
- Developmental Leaders seek out the vital process; the Coach relishes the moment
- The Developmental Leader is value driven and vision directed; the Coach honours the direction of the wind and the cycle of the planets

Conclusion

Although counselling, coaching and communication skills are frequently purported to be teachable in written form, really there is no substitute for experience and apprenticeship. Coaches will be worldly people experienced in the business of life. They are likely to have suffered greatly and no longer care about it. They will relish surprises and seek to disrupt most 'normal' structures in the service of increasing awareness. Like Merlin they understand the web of time and see beyond its illusion. Meanwhile they enter into the illusions of those that they coach and playfully relish the stories they witness unfolding.