Exploring Unconscious Networks

Steps to Developing Empowered Truth

Clarity on Desire + Goal

CONSIDER
- What is it that really keeps this person from saying yes?
- What would they need to know to be true for them to be able to go after their desires?

Search for Empowering Truths

- Suggest **Empowering Truths** with your client. (E.g. "It is true," "You are worthy," etc.)
- **ASK:** "What do you think or feel in response to that?"
- Notice their reactions. You will know when you reach their truth.

Explore Body Movement Reactions

1. Exaggerate + Drop in Fully. Investigate + explore what is going on inside.
2. Do the opposite. (For movement, voice, emotion, or sensation.) Then, generate the original experience again. Investigate feelings, memories, and anything else that arises in response.
3. Move into the movement very, very slowly. Investigate + explore that experience on the inside.

Types of Reactions

- Movement
- Emotion
- Critical Voice
- Resistance
- Contraction

**OBSERVE**
- Can they keep eye contact?
- Do they flinch or turn away?
- Do they change their postures?
- Patterns?
- Changes in tone or voice?

Integration Adventure

- **Be the Experiencer** - notice that they are experiencing what is happening
- **Be the Experience** - dive all the way into the experience
- **Resource in the Witness** - find resource in noticing that they are witnessing the experience

Expand the Experience

- **ASK:** "Is there anything else that you notice here?"
- **Repeat the Empowering Truth.**
- Follow the energy and impulse.
- Finish when it feels organic. Continue to the blueprinting tool.

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