

Coaching session with Anne

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SUMMARY KEYWORDS

feels, picture, changed, light, energy, parts, passive, suited, coaching, life, bigger, shattered, blue, completed, strange, small, clear, word, connection

SPEAKERS

Anne 82 % Tuula Masalin 18 %

Tuula Masalin 00:03

Hello Anne, how are you doing? Hello Tuula, I'm doing fine. Yeah, yes. Very nicely. I think it's it's been a long time I've felt this good. Sounds awesome.

Anne 00:18

Yeah. And you, How are you doing?

Tuula Masalin 00:20

I'm doing fine. Finishing my schoolwork and getting there.

Anne 00:27

Very good. And I'm happy to be here because I really need a little bit of guidance. My thoughts.

Tuula Masalin 00:37

Okay. So let's get started.

Anne 00:40

Yeah.

Tuula Masalin 00:41

Okay. So before we start, I want to thank you again for letting me record this session and use this in my neuro coach studies. And I also remind you that this is this coaching session is confidential. And the notes I write, it's only for myself.

Anne 00:58

Okay.

Tuula Masalin 00:59

And when I'm coaching, I might use NLP, social panorama, Clean Language.

Anne 01:04

Yeah, it's okay. Yeah. And you can use my sayings with your studies anywhere.

Tuula Masalin 01:12

Thank you. And we have about 30 to 45 minutes time, and I will take care of time, so you don't need to worry about that. So what would you like to talk about today?

Anne 01:23

Oh, my life. I want to talk about my life I there's been so many changes, you know, the, the coaching we've done together has changed my life. And my worldview has changed, my my occupation, my work has changed. My role at work has changed and my attitudes towards money has changed. So it's been I think this is a bit wild.

Tuula Masalin 02:04

Sounds like a very like profound and big changes.

Anne 02:08

Yes. Yes. That's what I think I think my my world has changed completely and now now I need a little bit help to explore a little bit and find meanings and what is actually important and also my private life, not only at work, but also my private life. Like friends and and my curiosity What should I do with it and how, how I am going to think about all this is so interesting.

Tuula Masalin 02:51

Okay. So you want to like to talk about what is important what is meaningful for you in your life or in work and personal life as well?

Anne 03:04

Yes.

Tuula Masalin 03:04

Okay. But is there like some kind of idea or goal or something? What would you like to like gain from this conversation?

Anne 03:05

Yeah, I think that's a good good point of view. To start with. I don't know what we find but this is it sounds like right. Yes. Clear...no not clear .. How should I say,ah, maybe a better picture about it. This this my my visual me needs to have a new pictures about life and then I'm, I'm confident that this is something we could find.

Tuula Masalin 03:57

You said like a better picture, new picture. Tell me what kind of picture of life you've got now?

Anne 04:06

What is this "pirstaleinen" (finnish: fragmented)

Tuula Masalin 04:07

shattered? (could not find a right english word)

Anne 04:09

shattered, but not in a negative way. But like like there's an old pictures and new pictures together and it's like a little bit like, puzzle of many puzzles. You know, you can take puzzles from two different boxes and you mix them. It's little bit like that. So there's something from old world and something from new world and it's it's not complete. But it's not negative. Yeah, this is a point. I feel positive about it. But I know that it needs to be completed somehow. I don't know why. But I think I don't have to know why.

Tuula Masalin 04:59

So did I understood you right that during this conversation you would like to have a like, complete picture of your life?

Anne 05:09

Yes. Yes. You can say it's simply like that.

Tuula Masalin 05:17

We'll see what happens.

Anne 05:19

Yes.

Tuula Masalin 05:21

And how do you know you had... had had that completed picture?

Anne 05:32

Oh, yeah. It's, there's no doubt.

Tuula Masalin 05:35

Okay.

Anne 05:35

It's visual picture in my mind is something I I see. Yeah, I think that's an easy, easy way to change thinking for me.

Tuula Masalin 05:53

Yeah yeah, I have noticed this.

Anne 05:54

Yeah, I make pictures and when when it looks good, it's fine.

Tuula Masalin 06:00

Yeah.

Anne 06:00

Yeah.

Tuula Masalin 06:01

A couple of more questions about this, like, current picture. which is like a puzzle of many puzzles. Where is an old and new. Is it like...where is it located? Like where do you see it?Where can you see it?

Anne 06:24

In front of me. It's in front of me. Yes. And there's dark parts and there's light parts, but they are not connected to each other. So there's, like, many small pictures, which are which are.. It's something like something like a this. It's something like this (Shows a picture she have drawn).

Tuula Masalin 06:59

Okay. Yes, yes.

Anne 07:00

Yeah.

Tuula Masalin 07:01

And those pictures, there's light parts and dark parts. Is there like a colors?

Anne 07:05

Yes, yes. There's some of them. I think the dark means they are old. Okay, I have this idea now that it means that they're old. And then there's this lighter ones, which are new. And the other thing I'm looking for is this (Shows a picture she has drawn).

Tuula Masalin 07:25

Yes.

Anne 07:26

It's like completed

Tuula Masalin 07:28

Yes. Yes.

Anne 07:29

It's clear. One image.

Tuula Masalin 07:34

Okay.

Anne 07:35

Yes.

Tuula Masalin 07:37

Is there something else? Like now when you drew those down? Like what comes to your mind?

Anne 07:45

Change, change comes to my mind and direction comes to my mind. And maybe, maybe this meaning or was it a meaning we use the word maybe the meaning will complete the picture. And also comes to my mind that I really don't need this meaning, but I needed to complete the picture.

Tuula Masalin 08:20

Okay.

Anne 08:20

It's like I'm not looking for meaning of life. I'm looking for direction. And this nice, good picture, visual satisfaction for the life. I think there's the dark pieces in this picture. I think they are more like from my personal life.

Tuula Masalin 09:08

Okay.

Anne 09:09

I think that's, that's something but I now realized when I look at this drawing here. It's more like the big changes has happened to me now. Through my, my professional development and changes, but I think it's more like the private life, private part of my life, which is... it's not updated. Yeah. That could be the reason, I think, yeah. It's profound this changes for, for, towards money and towards everything else. Yeah, that's the reason why it's so shattered. What was the word? Yeah.

Tuula Masalin 10:07

And tell me what kind of updated is that updated?

Anne 10:15

That one what is updated It's clear, and it's inspiring. And that's the reason why I feel so good. I think so because it's so... it feels like it feels right

Tuula Masalin 10:31

Right... So to light part with this clear, inspiring, feels right. And what about these dark parts. What do you think it's about your personal life? What kind of updated?

Anne 10:52

I look at myself and they start pictures this puzzle parts and it's yeah, it's like old me and it doesn't fit to this new... my new world view... it's somehow, it's like looking back you know 10 years and, or even more 20 years back I can't see myself I don't... I don't mean I feel younger. I mean that I'm less experienced.

Tuula Masalin 11:36

Yes.

Anne 11:37

Not younger. Yeah.

Tuula Masalin 11:40

And is there anything else about this dark parts which is old you and doesn't fit this new you anymore?

Anne 11:51

They're holding me a little bit back... they're holding me... yes, there comes... Oh, there comes this glimpse of old thinking and when I say old fashioned I mean old fashioned for me. Not old fashioned for anyone else but old fashioned thinking compared to the change what has happened to me professionally. And yeah, they don't match together.

Tuula Masalin 12:32

And you told me it's holding you back. And what kind of holding back is that holding back?

Anne 12:39

Sticky

Tuula Masalin 12:40

Sticky

Anne 12:42

This kind of you know you can't... yes, sticky.. it's like not allowing you you can't move. It's... but they are not very big ones... they're like small but sticky. And this I don't know. It's like this black stuff. But you put down when you prepare something? What is it "piki"? (finnish: tar)

Tuula Masalin 13:15

Yes. I don't know what it's that in English. Yes.

Anne 13:17

I don't get it off very easily. It feels like yes, it's something I'm stuck on that.

Tuula Masalin 13:27

And where is that small and sticky not allowing you you to move forward... Where is it?

Anne 13:39

It's behind me. It's yeah, yeah, it's behind me. And little bit down there..behind and down

Tuula Masalin 13:56

and you like showed with your right hand is more like right hand side. Or?

Anne 14:03

No, no, no, it's only because this hand is more free

Tuula Masalin 14:09

Is it straight behind you?

Anne 14:12

Yes. Oh, maybe even a little bit left. Yes, left. Or left.Yeah. Here, (shows with a gesture)

Tuula Masalin 14:27

Okay

Anne 14:27

Definitely here. Now we're not Oh, my position a little bit...Yes. left and down there.

Tuula Masalin 14:37

Okay. Behindand down on the left hand side.

Anne 14:43

Yes. I can see me I can see little me there. Looking backwards. No, not backwars, but how do you say it... I'm looking back I don't know why.

Tuula Masalin 15:12

What does it mean to you?

Anne 15:14

I don't know... it means that I'm not ready to go forward. But it's it's quite small. It's very small me looking back and I can see whole me... is this a whole person wearing something blue.

Tuula Masalin 15:43

Okay

Anne 15:44

Like what it is "verkkarit" (Finnish: Tracksuit) Exercising clothes.

Tuula Masalin 15:50

Yes.

Anne 15:52

Strange

Tuula Masalin 15:53

So you can see small you wearing the small exercising suit and looking back.

Anne 16:01

Yes,

Tuula Masalin 16:02

Yes. And she's not ready to go forward yet.

Anne 16:08

Yeah, but it's it feels like it's not any it's not a choice or must it's just something she stuck to

Tuula Masalin 16:21

OK. And if you knew what it could be she stuck to what would it be?

Anne 16:46

That's a good question. Similar it feels like she doesn't have energy but it's it's like her... her battery is worn out something like that.

Tuula Masalin 17:02

Okay

Anne 17:07

And the strange thing is that I don't feel like I don't have energy I feel like I have energy and I am but but she is looking backwards and doesn't have any... it's just like she's like thin and sort of empty

Tuula Masalin 17:30

OK

Anne 17:32

Yeah, that's really strange image I've never had anything like this before

Tuula Masalin 17:42

Okay and is there a relationship with between that blue suited you and the light parts of the picture?

Anne 18:07

There is the connection that the I think that when the light parts are getting bigger, she gets smaller, but that's not good because she's somehow I think she's not supposed to disappear. But she's been, she's been hiding? Yes, she's probably hiding behind these light parts.

Tuula Masalin 18:37

Okay.

Anne 18:38

It's not her choice. Because the battery's out she can't jump there like Buzz Lightyear and say No care... No, but she's... Yeah. She's like helpless. Yeah, helpless. Yes, she can't do anything about it. But it it doesn't make her hopeless. So it doesn't it doesn't have anything to do with hope. She just is... and now she's... Yeah, yes. Now this is getting deep.

Tuula Masalin 19:27

And you said she's hiding behind this light parts. And what kind of hiding is that hiding?

Anne 19:37

Passive. She it's not going there herself. She's it's it's because the situation is like it is, she's like that. It's it's nothing that she does or chooses it's it's outside what comes and goes over and bites her yes she's not active.

Tuula Masalin 20:09

And is there something else about that passive, hiding, where she's not active, where she just is?

Anne 20:24

It could be that the light parts are eating her space

Tuula Masalin 20:29

Okay

Anne 20:32

It could be and probably is

Tuula Masalin 20:37

Eating the space?

Anne 20:39

Yes

Tuula Masalin 20:47

And what kind of eating is that eating?

Anne 20:49

It's like a you know it's like a sunshine but comes you can't do anything about it just comes and takes it and eating is probably not the right word but it's like like shining over it and you can't do anything about it it's something like that because it somehow feels very good but I know somewhere in me knows that this is not good and she should be something else I don't know what. The picture is not completed because of this situation.

Tuula Masalin 21:39

Yes. And what would you like that blue suited you like to have happen? (Tuulas phone rang) I'm sorry about that.

Anne 21:59

No, that's okay because it's changed is my my you know feeling about this, there's an.. it probably she doesn't want anything she's distancing and see thinks that this... this is how it is. But when I think about her I feel like this should be it should be in a different position. And she should have a different kind of different kind of role oh, that's I don't know if that's the right word. Maybe the role is right but it's it's so bad. That there should be this energy because the role is not function it's like passive nothing.

Tuula Masalin 23:27

And what kind of energy is that energy?

Anne 23:37

She should have this energy which is flowing, floating is floating...virtaa (finnish: Flowing)

Tuula Masalin 23:46

Flowing

Anne 23:47

Flowing. Flowing energy and now it's it's nothing.

Tuula Masalin 23:57

And when flowing energy, what happens to blue suited you?

Anne 24:15

if there's a flowing energy... it feels like it's, it's it's changing totally. It's not. It's not the same figure at all. It's growing, and it's wearing something white. And it's, it's not standing. It's like sitting down, legs crossed. When it comes it comes on the left hand side here (shows gesture with hand) and it's bigger than me Somehow it feels like it's bigger than me and this blue suited is fading away it's disappearing I don't know why because, um, it feels like there should be something connecting this two it's strange because it's it feels like they they are two different entities but the energy brings up this this new figure but it doesn't make doesn't grow this little me behind there it's growing something new that's weird because usually it's I think it should grow this level bigger but it doesn't

Tuula Masalin 26:39

And what need to happen for little you?

Anne 27:16

It's difficult to say because it's so passive it's so totally passive and you could do just can't put this energy because what happened it's like that... maybe maybe it should take off that blue so first if you can't add anything maybe you should take away something if you take away that suit and maybe you

should changed place if you turn around first and look this way maybe if she goes I don't want her to go to the right side that's left is right... comes behind me... if she comes behind me and looks same direction with me she get bigger she's naked and she get bigger now she's not passive anymore. I know when when she got bigger and came close, yeah.

Tuula Masalin 29:40

So, she took off the blue suit. And she's naked.

Anne 29:46

Yes.

Tuula Masalin 29:46

And she changed place from the left hand side to behind you?

Anne 29:52

Yes.

Tuula Masalin 29:53

And she turned around and look on the same direction than you You and she got bigger and she's not passive anymore and when she's not passive anymore what she's like?

Anne 30:09

She's quite attractive very feminine figure somehow she's blonde maybe it's because of my gray hair maybe maybe maybe she has all gray hair white almost. She looks very balanced I envy her a little bit I feel like wow that's nice when when when this change happens she's taking the place she's taking the she's taking this taking room for herself

Tuula Masalin 31:20

Okay. And what kind of taking room for herself is that taking room for...

Anne 31:34

Very natural

Tuula Masalin 31:35

okay

Anne 31:35

Very natural somehow somehow very softly and naturally... it feels like it should be like that

Tuula Masalin 31:56

And what happens next?

Anne 31:58

I don't know. This is strange. I feel like I feel like she should be in me but she's so strange that I don't know how if I bring her in front of me directly in front of me there no no compared to her I feel tired that that's funny but I also noticed that I see the... I see the work here that this is what it what it what it is it's not the small me behind me it's the it's this energetic live person in front of me Funny. I don't know what to do

Tuula Masalin 33:59

Is there some kind of connection between that energetic lived you and you?

Anne 34:09

There is no connection there is no connection there is only that I know that is there. That's the only connection No, there's no connection. It's like it's little bit like a dream. There's this dream about me

Tuula Masalin 34:42

And tell me more about the dream about you.

Anne 34:46

I know that's right. That's that's something. Yes, and there is the energy. It's not here. It's there

Tuula Masalin 35:03

Yeah. And what happens just before dream about me?

Anne 35:13

Just before dream about me that door opens just before door opens

Tuula Masalin 35:32

And where could dream about me come from?

Anne 35:48

I think it comes from a place called a longing, longing for that longing for myself now I also get the word potential I'm interested where the balance come from because this kind of person is so incredibly balanced that I don't know where it comes from

Tuula Masalin 36:41

What happened just before balanced?

Anne 36:50

for her? I don't know. I don't know if it was just before no idea

Tuula Masalin 37:17

And can that happen?

Anne 37:21

yes

Tuula Masalin 37:24

Tell me more about it

Anne 37:28

yes it can happen... how should I say... oh... if we come back to the picture if the dark pieces changed to this one there comes more light to the picture and now there is no more dark pieces and light pieces they are all about same color... there is this this is a balance between the colors now, now in my mind shattered picture this this light force which she comes from she's like melting the parts so that the light goes through all the all the other pieces also it's like core of the picture is this energy and light. She's like having this magic. When she entered the picture then the picture became more whole. But now I can't I can. I cannot see in the picture what it is. I can only say that there's this light and this energy and now I want to have a connection with her. Just before this I went when the picture was still shattered, I didn't have a need to have a connection and there was no but now I want to have a connection. I really want because that's something to look forward to. This is This is nice. But what changes is now the question what has changed why? Why? This blue me and this white me? Why do they exist what what has happened to between here what is that what is the change it's so long way it's It's millions of light years I've been watching Star Trek so I know every thing about light years... so that's this is interesting now what has changed because I'm looking I'm looking this narrative outside but I realized that this is the same person somehow and then there's this this one what I told her when when you book the energy there becomes this one, who comes beside me here. I think the one what came beside me here is what she is going to be. It's like it's like magical transformation and is that possible?

Tuula Masalin 41:45

Is it?

Anne 41:49

Why not. I don't know if it's possible but why not? Is that... Yeah This is nice. I don't know how this goes and what will happen but but the change is really big. And the picture is completed. So it's like a new frame for maybe that's the point maybe it may be I'm supposed to have this this whole picture but not exactly knowing what's in it that I can't see now but I can see that it's not broken it's like yes, and that's what I want

Tuula Masalin 42:49

So, we still have about 5 to 10 minutes time and you said like you have a new frame.

Anne 42:55

Yes

Tuula Masalin 42:56

The picture is not broken.

Anne 42:57

Yeah.

Tuula Masalin 42:59

Tell me more about like what kind of picture do you have now?

Anne 43:02

It's white, energy, clear but there is no figures there's nothing nothing to see it's it's like a mirror without the picture.

Tuula Masalin 43:17

Yeah

Anne 43:18

Something like that. I think yeah.

Tuula Masalin 43:21

How do you experience that?

Anne 43:25

I find it interesting. It's my curiosity wakes up

Tuula Masalin 43:43

And how these blue you and you beside you and the white you and you how you are related?

Anne 43:54

Blue me it's gone. I don't... feels that she's I feel like she's so far away. That she's not existing anymore. Feels like see she's not she's not needed anymore. I'm not sure but this is what I think of this. And she's like a memory.

Tuula Masalin 44:29

Okay.

Anne 44:31

She' a memory Yeah. And this one in front of me I don't know what is the connection, the connection if I if I imagine a connection between us she's quite close. I And she has more energy than me still. But this this figure beside me has even more energy than her this this three. How do you say we three here? That feels better than we two?

Tuula Masalin 45:35

Okay.

Anne 45:36

So I don't know why Now I feel like this one which is beside me. I need it to connect her.

Tuula Masalin 46:01

Okay

Anne 46:02

Even if this feels like it's stronger, or or somehow but yeah yes, and I have to get used to her that's I think now is the point where I can say that okay, she will be here and I have to get used to this. And this energy beside me is going to help.

Tuula Masalin 46:37

Okay.

Anne 46:40

By doing nothing, just be there have some energy. But it feels very good. It is. This is like opening a new window to see something but I couldn't imagine before this.

Tuula Masalin 47:07

Nice.

Anne 47:08

Scary but nice...yeah.

Tuula Masalin 47:17

So, now getting these thoughts and this kind of picture. What are you going to do next?

Anne 47:24

I going to think about this. Yeah, because now I have a totally new picture without the figures, but, but it almost feels three dimensional. Because before it was like a flat two dimensional picture, but now it feels like it has, you know, space and deepness and everything. It's not flat, it's big picture.

Tuula Masalin 48:01

And when we started, you wanted to, like talk about like, meaning of your like, life when it comes to your business and your personal relationships and stuff. But it's important, and you wanted to get like an new picture, whole picture. What did you get out of this conversation?

Anne 48:24

This when you're told that what I wanted, it feels like small goal compared to this one because now it feels like you know, okay, yeah. Those are Okay, fine. Yeah, but this is something new. I couldn't even imagine that there comes something like this out of the coaching because now now I'm a little bit like, wow, okay. Huh. What comes next? No idea, but I want to see

Tuula Masalin 48:36

Yeah.

Anne 49:00

So yeah. Yeah, those goals what I had, they are like, you know, yeah. Done. Very nice. Okay. Very good. And they are in this, but this for new picture, which I can see is, is amazing. Yes, I'm going to be in this feeling now for a couple of days. Maybe. I don't know what comes let's see.

Tuula Masalin 49:40

Let's see.

Anne 49:41

Yeah, this is nice.

Tuula Masalin 49:44

Are you happy with this?

Anne 49:45

Yes. I'm very happy with this.

Tuula Masalin 49:47

Thank you Anne

Anne 49:48

Thank you Tuula for this. Yeah. Wow.