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CONSCIOUSNESS COACHING

self-designed destiny

Marc Steinberg says that he sees consciousness coaching (CC) as the next generation of human development techniques. 'Many clients of the current coaching methods like Life Coaching and Executive Coaching, for example, are disillusioned with regard to the promises coaching has created. The real reason lies not in the assumed limits of coaching itself but rather in the limited scope of the facilitators of these methods. Consciousness Coaching goes beyond the content and 'accesses the context as already disclosed', says Steinberg.

In the range of today's empowerment tools, coaching has become the number one tool and that's only the beginning of discovering the awesome powers that lie within coaching.

Life Coaching, Executive Coaching, Leadership Coaching and Relationship Coaching are great tools to initiate and support powerful skill and character developments – but what do you do if you find your ego simply resists the initiated changes?

Just like the body rejects anything that isn't its own, the ego tends to reject likewise anything it regards as 'not own'. Where it is not self-discovered knowledge, second-hand knowledge is likely to be perceived by the ego as foreign. What we are left with is the concept, the memory about the change, but we have lost the presence of it.

The impulse for creating this special coaching method came from exactly the observations mentioned earlier. So many seminar graduates and coaching clients are fighting an impossible battle against their ego; the mind says: 'I am confident, powerful and charismatic' and the ego says: 'Yeah right, you fool.' No wonder most methods prove ineffective in the long run. Consciousness coaching is an advanced method of coaching that creates shifts in consciousness such that one is enabled to influence providence and create a self-designed destiny.

The consciousness coach has to initiate that the client 'spins around himself so fast that he starts seeing himself from

the back'. That's the 'Aha'-moment, that's the opening up of a whole new awareness, a new possibility that didn't exist before. Consciousness Coaching clients experience this phenomenon as a huge release of energy, passion and clarity. Suddenly new horizons are made visible, new as in: not been there before, not even as an option. It's an occurrence out of the dimension of 'not knowing that one doesn't know'. And who wouldn't be excited about that?

The difference to conventional motivational methods is that the motivation wasn't dumped on the delegate's consciousness, but in CC the delegates' consciousness manages to liberate itself from all de-motivational factors. To initiate and facilitate this process is the unique trademark of CC.

However, the core task CC has to achieve is to distinguish and detach the self from the ego. Normally they are perceived as one and therefore not perceived at all, remember that water for the fish isn't part of his awareness. Once the client has established and integrated this extraordinary level of awareness, to see his self distinct from his ego, he is now in the position to root himself in this self and to think, feel and act from there.

It is extremely exciting stuff, and we are only about to start the discovery of the powers awaiting us, we do have a say in the matter of our destiny. Providence can be won to serve our objectives, coincidences can be caused deliberately. ☐

In consciousness coaching the delegates' consciousness manages to liberate itself from all de-motivational factors.

Steinberg is the creator and facilitator of CC and also runs a Coaching Academy. For more info visit www.cci-portal.com and www.cci-coachingacademy.com.



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1 High Cape Ave, L-Box 60547 / RSA 8001 / High Cape, Cape Town / Tel: +27 (861) 262 248 / Fax: +27 (86) 6505 927
email marc@cci-portal.com web www.cci-portal.com

