INQUIRY COACH teacher training

Meadow De Von

SOUL REVIVAL TOOLS

- Teach: Give an overview of Mind, Heart, Body and Soul. Soul revival tools help you access the Soul voice — the voice of who we really are. These practices help you deepen your faith, trust and spiritual connection. The Soul voice is ultimately the voice that you want to be able to access to your own inner guidance — make clear decisions, access connection to yourself and to life itself and to live with a sense of inner trust.
- Keep in mind: Each client has their own individual relationship with the divine. Try to teach in a way that is both true to what you believe and open enough to allow the client to have room for their own relationship.
- 3. MEDITATION.
 - A. Teach: Meditation is simply the act of listening to your soul's voice. It's the process of waiting for answers. It's the process of being quiet enough that you can hear your higher power, your soul or the divinity of the universe gently pointing which way to go.
 - B. Coach: Guide them in a practice having them write down (or share) what they hear.
 - C. Coach: Notice if there is any resistance.This might be an opportunity to doThought Inquiry or Shadow work.
- 4. PRAYER.

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- A. Teach: Prayer is simply the act of speaking to the divine. It's really about two things: saying "please" and saying "thank you." The art of asking (saying "please") is the art of being humble enough, vulnerable enough, and clear enough to hand yourself over to something bigger than yourself.
- B. Coach: Discuss and collaborate ideas to help them to create a prayer practice.
- Coach: Notice if there is any resistance.
 This might be an opportunity to do
 Thought Inquiry or Shadow work.

5. CREATIVITY.

- A. Teach: Creativity is the way we engage in play with the divine. This type of creativity requires an intrinsic practice of speaking to the divine (prayer) and listening to the divine (meditation). Through this conversation, inspiration is born. Creativity is a way to humbly and joyfully play with inspiration, a way to play with the power of creation. Your soul loves creativity, it loves playing with that magic, it loves riding the wave of ideas and bringing forth new things into being. Through a practice of creativity, our souls thrive.
- B. Teach: Creativity doesn't mean that you need to become a poet, or a painter, or a pianist. Instead, it is a divinely inspired way of coming to life itself. To see every act as a creative act, to infuse your life with beauty whether you're making a meal, posting on social media, cleaning

Meadow Della

your home, writing a note to someone, or setting out to follow your Big Dream.

- C. Coach: Discuss and collaborate ideas to help them to create a creativity practice.
- D. Coach: Notice if there is any resistance.This might be an opportunity to doThought Inquiry or Shadow work.