

Coherent Coaching™
With EFT, Energy Psychology And HRV Biofeedback



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Introduction

What is Coaching?

When I started training coaches back in the late 60's we use to call them consultants. This is before the term coach or coaching came into being. There were at that time many feeds of data or data streams that spawned the then beginning consulting/coaching movement. There was a combination of Esalen Institute programs with training in sensitivity, Gestalt Therapy, Encounter Groups, the psychedelic experience. Then on its heels came the emergence of biofeedback and many eastern philosophies that amalgamated into a thirst for direction and purpose. Added to that was the human potential movement, and the "make a difference" experiential seminar and training approach came on the scene with great impact.

Biofeedback clearing with its open source ship and techniques became a more technical rendition of consulting/coaching for those looking for the release of problems, upsets, self limiting belief systems, to name a few. The term process emerged and a renewed interest with new tools to develop the human potential came to the forefront

Later on when larger, more official Coaching organizations came out, consulting later called coaching became somewhat homogenized and pasteurized into helping the client come up with alternatives to a blocked goal. As soon as the client went into the past or started to emote, the coach backed off and said "I am not a psychologist so you can't talk about the past." These sessions became mostly goal planning sessions in search of alternative solutions to blocked goals. These sessions were now really re-positioned to brainstorming. The past was omitted from the discussion as though it never existed. Sometimes for the better and many times for the worse!

Recognizing this focus on goal dynamics back in 1974, I created a coaches training that worked with strictly Goal Planning or Goal Programming--it was called *Coaching Goal Dynamics*. The main public workshop was called The Expansion Workshop. This workshop and coaches training never discussed the past but only processed and clarified the present business plan. After thousands of clients went through the workshop and became later trained by myself as coaches, I recognized the need to re-institute a deeper process to handle the clients past story which so often impinged on the present Goal Program. This next step or level was called *Release Dynamics*.

Release Dynamics dealt with the past incidents or triggers that kept coming up for some and kept them cycling through the past trauma of **negative mental energy patterns (NME)**.

This Coaches training used GSR Biofeedback, Computer Voice Analysis and Psychological Testing.

I trained coaches for three large companies and many smaller businesses. The use of biofeedback instrumentation was way ahead of its time and identified subconscious core issues faster than I had ever imagined. Many participants not only released long standing traumas but had deep and lasting spiritual realizations and discoveries.

In many of my trainings I called the work Energy Psychology because of the growing awareness of negative mental energy (NME). We had been measuring NME via body reactions, through Biofeedback equipment since the late 60's. I also employed many energy running processes to release armoring in the human bio-energy field or energy body. This led to the next level of Coaches training called *Coaching Self Inquiry*.

Coaching Self Inquiry came from the techniques of many spiritual masters of the Advita Vadanta school of India. I coupled it with biofeedback, as usual, and a deep process of self discovery was born. The biofeedback allowed participants to have many un-psychedelic assisted, self realizations.

During the time of delivering Coaching Self Inquiry sessions I became aware of the growing technology of Energy Medicine and Psychotronics. Psychotronics is the use of energy generating devices that have a releasing effect on NME and consciousness. I started a Psychotronics manufacturing company called Oxygen Research Institute. We sold thousands of devices called Life Energy Amplifiers that cleared NME.

A large part of our market were coaches and therapists. Many coaches and therapists utilized these instruments to clear their own NME and that of their clients in sessions of various kinds. I wrote a book called *The Bliss Factor* and trained a large variety of coaches in the use of Psychotronic equipment and Radionics for over 15 years.

The next turn of the wheel came with the advent of Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT). Out of that came the term, once again, Energy Psychology. This time the accupoint meridian tapping technique was a major breakthrough in all forms of coaching. It could be used for goals, releasing past story and spiritual discovery. It was simple and easy to use. It was easy to self process--a dream come true in many respects. Through the use of iBliss Energy Remedies, EFT could run faster and run deeper. I soon once again developed my own style of Energy Coaching using these breakthroughs.

Now the final addition, the broad use and acceptance of HRV Biofeedback. A Biofeedback device emerges that is as powerful and easy to use as EFT, inexpensive, portable and based –like EFT--on a rock solid scientific basis. This is full circle for me. Deja vu! Coaching has come back to its roots in the 60's as a transformative medium or process. It is not just educational or seeking alternative goal plans but a deep embrace and release of the source of personal limitation.

When you couple HRV Biofeedback with it, I believe you have a powerful technology that takes coaching to a new level and fulfills the promise that we had for coaching or then consulting in the 70's as a fast lane highway to personal transformation!

I call this technology Coherent Coaching because all coaching has as its basis bringing the heart into coherence or a deep state of peace.

My new coaching method utilizes the best of all my past work, plus all the new scientific breakthroughs

Coherent Coaching™ is both an art and a science.



It's an art in the sense that a person need be creative. It's not coaching that can be applied the same way in every situation. You need to be creative in order to be productive. It's a science in the sense that you are working with specific techniques. And you're working with technology here that's unwavering in terms of resolution. So it's both an art and a science.

The technology that has evolved over time, and is used in Coherent Coaching, includes Biofeedback--such as Galvanic Skin Response (GSR), Computer Voice Analysis (CVA), and Heart Rate Variability (HRV), combined with Thought Field Therapy (TFT) Emotional Freedom Accupoint Tapping Techniques (EFT), and the coaching programs I created through my studies and research in a Quantum Physics laboratory since 1968. This body of work is included in the field of Energy Psychology.

I have observed and noted biofeedback indications on students, research subjects, and clients for thousands of hours and observed through empirical observations what makes a therapy and coaching session work and what does not. I stopped counting time spend delivering sessions and training clients when I counted 20,000 hours!

Allow me to share with you the breakthroughs I have made in my work and in the training of personal coaches. I have written 6 books on the subject, 100's of audio programs and have manufactured Radionic, Psychotronic and Biofeedback devices for over 30 years. I have trained thousands of coaches since 1968, in my own companies, and for the largest educational company in the world.

I want to share with you the latest in Biofeedback and Energy Psychology breakthroughs.

I have identified which coaching behaviors get the coach out of the client's way and allow the clearest reads on biofeedback instrumentation, therefore the deepest and truest measurement of the client's subconscious reality.

I have discovered simple techniques that support the client to get to core issues quickly and what coaching additives cause blockage to that deep access.

The following observations and will help you release Psychological Reversal (PR), find core issues, bring about core releases, know when to start a line of questioning and when it is complete and released, etc.

Know and apply this info and you may become a master in this work. Take the challenge and become 100 times more effective by knowing and applying this material! Discover these tools and consider the possibility. . . .

Chapter 1 –The Basics Of Coherent Coaching

Coaching is defined as yourself or someone else asking you all of the questions you should have asked yourself, but didn't, and then getting right answers to them! -- Norm McVea, Ph.D. 1975

In this new breakthrough book, I will educate you in the practice of **Coherent Coaching**—which is finding out the truth about yourself.



People who are not okay with themselves lie, and people who have a high self-image tell the truth.

When you tell the truth you stand in your own power.

When you lie, measurable stress is created; lying creates a heavy heart. Tell enough untruths and you live in a world of confusion, uncertainty and stress.

Therapy, or coaching, can be seen as an attempt to bestow right answers and, thus, right choices into all areas of life. Right answers are truths that are real in your own experience. They are right because they align with your core values or core truths.

Right answers, or indications, are true answers and wrong ones are mis-indications, alterations of truth or discrepancies or deviations. Alteration is the mechanism of generating stress and unwanted behavior.

Sorting out one's life is learning to tell the exact truth about all incidents, relationships, transactions, and undertakings to discover yourself as responsible and accountable.

Coherent Communication

We will begin with Communication. **Communication is all about exact re-creation and integration at the receipt point of what was sent from the sending point.**

The essence of re-creation is telling the truth, the willingness to tell it as-is. For communication to really work, there needs to be a high level of rapport between client and practitioner. The essence of this training is ARC—which is rapport.



ARC stands for Affinity, Reality and Communication. Affinity is likening, closeness or resonance. Reality is agreement on what is real, and Communication is exchange of data emanating from a sending point with exact re-creation occurring at the receipt or listening point. When you have high ARC you have a high rapport or synergy between two people. Rapport creates coherence. It places both parties in the now, being open for deep listening.



A smooth interchange in high ARC conditions, between two people, facilitates deep listening and exact re-creation. The coach/consultant needs to be safe enough, needs to be there or present enough, to get the client to talk to him or her--honestly and openly. **The client's willingness to tell the truth is the most essential element of communication.** That may sound a little basic--and it is.

You need to be present and get the client to honestly talk, to open up you. You need to be safe, and be there in such a way as to initiate the client's inner-most communication. The coach's silent presence is pregnant with invitation and possibility. This quality makes a coherent session, a session with two hearts in harmony.

Basic Coaching

There is something called basic coaching. Basic coaching is just having a Coaching Communication Cycle going with the client. The significance of the question is not even cared about at this point; it's having the communication cycle working between you and the client. In the communication cycle, what you're doing is being there, asking a question, seeing that the client receives and understands the question, allowing the client to look in his/her mind (or experience) for the true answer, allowing the client to answer the question and then flowing back an acknowledgement to the client to show him/her that you've gotten or received his/her communication.

Rapport is the invisible cocoon or space in which this whole exchange exists. It is the space of deep listening, invitation and possibility. When you can be open and honest with someone, things change.

It's very basic. There is no significance about the particular kind of question here. The significance or type of question is not even cared about yet. What we're dealing with here is just the communication cycle--its basic form: the quality of ARC or rapport. Rapport increases heart coherence, Parasympathetic intervention, aliveness--life force or vitality.

In the absence of the communication cycle, psychological process and re-creation cannot occur.

It will not occur. Coherent Psychological Process only occurs when this communication cycle is functioning. In order to bring about any result for the client, you need to have the communication cycle be smooth and natural.

The cycle needs to be present and operating, with each one of the energy flows flowing without impediment. It's clean. it's clear. Your attention is on the cycle, and it alone. Now the effectiveness of the communication cycle is very dependent upon affinity, reality, and communication. **Affinity is a co-existence of two things or people in the same space.**

You need to have the other person located in your space and you need to be willing to be open and honest with that person. There needs to be an affinity or a liking flowing between the two.

Next, is reality or agreement. **Reality is agreement upon what is real.** There needs to be some form, "This person is here to assist me." And more agreement yet is, "I'm responsible for the condition I'm in." That's moving up the scale of vibration.

Next is communication. Simply, **communication is particles or impulses flowing back and forth between the sending and receiving selves.**

When Affinity, Reality and Communication are existing as a threesome, they equate to rapport. Rapport leads to release, knowingness and then to action. When you have Affinity, Reality and Communication in a session, and your communication cycle is going, you are now in a space to do something for the client or assist the client in doing something for himself/herself.

Communication is so powerful that if you have high Affinity and Reality, and a clean Communication Cycle, the client feels healed to some degree with just that.



The client feels gotten. Rapport releases stress on its own and turns on the Parasympathetic Nervous System and healing takes place. Rapport brings the client into the now. A certain amount of re-creation is taking place, a certain amount of re-creation on you, the coach's part, and re-creation on the client's part is bringing about this increase in rapport, which sends the client and the coach up the Scale of Vibration, from, say, apathy to fear, passive aggressiveness, anger, boredom, interest and then to action.

We're hoping that the coach is already high up on the **Scale of Vibration – which is a measurement of emotional states**-- (interest and above) and that the client isn't bringing the coach up the Scale of Vibration. In this body of work we develop the coach to increase their Scale of Vibration. Start where you are and aim for more bliss.

The Scale of Vibration is the scale of frequencies or vibrations that a client goes through while releasing a traumatic incident.

Where the person is located chronically on the scale, is the vibrational level of where most of their subconscious incidents vibrate. If a person is chronically fearful, then you can assume that the person has a lot of incidents in their subconscious that contain fear. If a person is chronically angry, then you can assume that the person has a lot of incidents in their subconscious that contain fear. In denied failure, the person has a lot of incidents that contain the denial of failure.

This scale was created by observing clients going through a scale of trauma while contacting and releasing incidents.

Read the scale from bottom to top

SCALE OF VIBRATION



Bliss
Abundance
Action
Ideal manifestation
Goal
Purpose
Interest
Conservatism (status quo)
Boredom
Antagonism
Anger (overt opposition)
Passive-aggressiveness (covert opposition)
Resentment
Fear/ anticipated failure
Sympathy
Coldness (denied sympathy)
Detachment
Eminent failure
Resigned failure
Denied failure

Communication itself, without any significant coaching question, is quite effective and a client will feel he has gotten a lot out of the session with just communication taking place; but forming a communication line is not enough.

You need to find the client's interest and release barriers to that goal. Just establishing a line would be like going to the airport; assisting the client is like taking off for New York. Going to the airport is well and good. It is a step closer to going to New York, but it is so far from New York, compared to the second step, which is traveling across the continent. So once the communication line is established, you can then do something to alleviate a client's story about himself.



Interestingly enough, it takes more effort and energy to remain in a state of untruth, lower emotions or lies than it does to let go of the stories. It takes a tremendous amount of energy and effort and intention to hold stress in place.

As a coach, you need to coach smoothly and cleanly. I don't mean confronting or communicating artificially, either. I mean confronting and communicating smoothly, sanely, and with an even flow of words. This is performed without jerkiness, without accidentally shifting the client's attention.

Your purpose as a coach is not to be interesting. Interesting is entertaining. Coaching is not entertainment. As a coach you are not being interesting, but "interested."

Interesting is an **outflow of energy** and **interested is an inflow of energy**. You, when being interested, are drawing the client's interest and data to you. You are creating a vacuum for it. It's having clients take their attention off you and on to themselves, ready for some in depth self-talk.



If entertainment is your intention, you should be performing at the theatre. There is nothing wrong with performing, but there is no performance going on in a coaching session. What is going on is a coach being interested--interested meaning having a real caring for, a real interest in, seeing the client resolve his/her difficulties.

Here is a Coaching Question which I really like. "What are you doing that's working?" The purpose of this question is to get the client to take a hard look at what he's doing that's workable. It's not, "Tell me what you're doing that's not working," but rather, allowing enough okayness of the client to be established in the session so the client can feel good about continuing in the face of his/ her own limitations. It's not grueling or gruesome; it's not an interrogation or a belittling of the client.

It's establishing the okayness of the client and working to increase that okayness and ability.

You have to keep your affinity up, and at the same time, get the client to look at what he is doing that is working and why he is doing it. Through this, the client gets to look at what's working and affirm it. He also gets a chance to look at what's not working and make some appropriate change.

So, communication is truly the first step in Coherent Coaching. You need to have a well-disciplined communication cycle with high rapport. Once you have a communication line, you can start assisting the client. And that starts with creating a high degree of coherent communication.

So, before I teach you what to do with someone, let's teach you about getting into communication with someone.



You ask this question, "What are you doing that's workable?"

The person says, "Oh, I'm going to college."

You say "Fine, what's working about that?"

"Well, it's workable because it's an easy place to relax and don't have to do too much."

"Okay, what else is workable about going to college?"

"Well, it's really workable because, well, I'm looking for a place to crash and the college campus is a good place."

"Fine. What else is workable about that?"

"Well, it really helps me fulfill my goal. My goal is to be an actor, and going to college and studying electronics really helps me."

"Okay, what else is workable about going to college?"

"Ahaa!"

You see, you're starting to show contrary intentions or purposes and the irrationality of the situation. **Fixed data** or **datums** (beliefs, attitudes, and feelings) show up. The client realizes, "Hey, what am I doing studying electronics when I want to be an actor?"

There is really no magic about the communication cycle. It's a matter of getting your question out there, ensuring it's worked with, getting an exact, truthful answer to it, and not going off into another thread or subject.

The client needs to know that he/she is there to get something done, and that communication alone will do little good toward reaching this end. It's nice, but ineffective for solving problems.

What you are doing in Coherent Coaching is **re-activating** (using the conscious intention of the coach to replay suppressed, subconscious, negative mental energy) the client. You will cause him stress. How much stress are you going to cause the client? It depends upon how much stress is there and what he/she can handle easily. You don't want to cause so much reactivation as to make him unduly uncomfortable. What you want the client to do is look at a situation and call up an experience of the past.



Get his considerations, decisions, concepts, ideas, past incidents, fixed datums, and have the client look closely and **tap**—that is, tapping on the accupoints as in Thought Field Therapy (TFT) and Emotional Freedom Techniques (EFT)--on those. That's going to cause some discomfort. You need to realize that the client is coming to you to receive assistance and you can best serve him by being direct and getting to work. Ask good questions. You're not trying to reactivate the client heavily; you just want the client to take a good look at situations from the past.

You can't tap out feelings until they are first having some intensity on the **SUDS scale**. (Subjective Units of Distress—a scale of 1-10 where you measure the intensity of the uncomfortable feelings. The higher the number, the more distress.) As you ask questions, confusions will start to surface and show up. And as tap out the considerations, decisions and such, by asking specific questions, the confusion starts to subside or release.

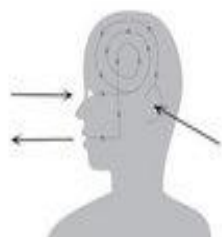
You're having the client take a look at his/her barriers to understanding. You need to have good observation to be able to see the **“tells”** (or indicators) of the client's thoughts, actions, deeds, mental images, or emotional states as you're asking questions and getting answers. You've got to stay in communication with the client; that means you need him/her to honestly express the thoughts, actions, deeds, mental images, emotional states, etc., that occur in session, and you, as a coach, need to be alert to these.

You need to be Sherlock Holmes on the other side of the table; you need to be there with your magnifying glass analyzing, inspecting, confronting, really looking over the client's physical indicators: body movements, facial expressions, ears wiggling, whatever.

Listen very closely to what the client is saying, because the words are the clues to the “crime”, and the clues which lead you up to the real “why” are lying dormant, right there.

You need to stay in communication with the client or clients; you need to keep their attention on the questions you're asking, and if you are using Biofeedback, such as the HRV Bio-monitor, on the equipment you are using. When your Coaching Cycle is very good, meaning your presence as a coach is very good, you can be asking the client questions in the Chicago suburbs, the Bermuda Triangle, in a Mexican uprising, during a rock concert, or at a funeral parlor, and the client will be so "there" with you that the distractions and confusions of the outside world will be non-existent. You put an invisible shield around the session and keep distractions out of the client's space.

What you really need to know, to operate with, and create, are three important communication lines within your coach’s communication cycle.



The first line is: the client to his/her mind; we could also say this line goes to his/her past experience. This is called the truth identification line, or question line, and this is the line by which the client looks in his/her mind and discovers the truth to your coaching questions.

A second line: goes from the client to the coach and is called the truth line. This is the line by which the client identifies things, "It is this; it is that." It's letting the client say truly what's there, which pulls the pins out of the confusion so that the confusion can discharge. The client is saying “it is this” or “it is that.” It is an answer line.

The third line: is the question line, and that's a word or phrase meaning "what is it?" It's asking a "what" question. You're not getting the person to dwell upon confusions, upsets, uncertainties or overwhelm points.

You're actually getting the person to tell the truth back to you. You're asking "what is it?" the client is saying what is so. Each one of these flows you can imagine or conceptualize as a "line."

The first line is the coach observing the client to see if the client is ready to receive the coaching question. The second line is the coach delivering the question to the client. (question line). The third line goes from the client to his/her mind (truth identification line). The fourth line goes from the client to the coach (answer or truth line). The fifth line is the coach acknowledging the client.

With your communication cycle, you want to create each client being willing to talk to you as the coach. If the client is not willing to talk to you, he/she will not look in the mind to answer your questions. The truth maker line will be cut, and therefore you will get nothing back on the truth line.

Do not rush the client. If the client feels forced, rushed or pushed or hurried, he will not really look in the mind but will just grab something quickly. He will communicate it in an incomplete fashion, with some alteration or lie in it. Coherent Coaching in such a circumstance will not work.

The truth or answer line is really a report or documentation of what has been looked at. You have an energy flow going back and forth. **The flow of these lines are 1) “question from the consultant to the client, 2) client looks in the mind, truth maker), and 3) the client’s truth telling line answers back to the coach.**

Breakdowns can usually be traced to the coach's communication cycle. Each line of this communication flow or communication cycle is separate and distinct. With your question line as a coach you cause reactivation. You're asking the client "How do you feel after talking to your mother?" That causes a **reactivation** (stressful reaction).

The client will look in his/her mind and answer back, "I feel apathetic, sometimes bothered, and most often I feel like my basic rightness as a person is being denied."

So, if you've blocked that cycle, or communication line, you'll cause the problem of not allowing the client to “tell their truth” about the confusion or upset, and you leave him with unhandled **negative mental energy** (NME). This must be avoided. The client needs to get that communication out to you.

Remember to acknowledge the client, to indicate that you've heard and understood the answer or response. You also want to ask yourself, "Did the client actually receive, get, and understand, my coaching question?" You really need to know that, because the question you might ask may be misunderstood by the client, and the indicators of a misunderstood question are obvious.

If you fail to take understanding into account, your client will receive a coaching question, not understand it, and get puzzled and confused by it. You want to notice these things before they happen.



The Boy Scout motto is "be prepared."

Same Thing for the coach: be prepared.

The significance, or question content, rides on the Coach's Question line.

At this point, you have the client at the effect of his story and coaching distress. It will be an unwilling effect if you do not keep the communication cycle functioning and flowing, and are asking a question of a client who is unprepared to receive the question--worse than having the client distracted or puzzling over something, and unknowingly firing off the next question, not noticing that you a client who wasn't prepared.

You want to be observant enough to know when the client is ready for the next communication. Don't ask it until that time has come. If you just fire it off without noticing, you're wasting a good question and adding more fuel to the fire. You don't want to do that.

You need to notice whether the client has received your acknowledgement.

You may acknowledge the client, but the client has his attention on something else, so he's missed it. During the session, he's wondering whether you've ever really heard him. He is starting to look puzzled, and you're wondering what the client is puzzled about. What has happened is a miscommunication has entered into the session.

You want to ask yourself, "Did the client answer my coaching question?" This is important. Don't be so hard up for an answer that any grunt or groan will do. For example, you ask, "When was the last time you felt good at your job?" The client groans. You say, "Thank you. Where do you go after 5: 00 when work is over?" The client yawns. You say, "Fine. When you were in high school what considerations did you have about your teachers?" Client coughs. You say, "Thank you."

Nothing has taken place here. The client is so far out of communication with you that the communication cycle, for all intents and purposes, is non-existent.

You, as the coach need to ask yourself, "Is the client really ready for the coaching question?" If so, you go ahead and ask it. Then you ask yourself, "Did the client receive the coaching question (did the client get and understand it)?" Next comes the answer to your "question." Then comes the acknowledgement. **Finally did the client completely answer the question and receive the acknowledgement?**

In **coaching for coherence**, if you run through the cycle like that, you won't need to ask sophisticated or grandiose questions.

You just ask a question and watch the energy flows. Ask each question as itself, see that the client has gotten it, answered you, got your acknowledgement, and you will be in great shape. Your attention will be there and you will observe the client's indicators and know that the question has been answered or that something else has transpired.

Some coaches are mechanical about the communication cycles, meaning not very alive, robot-like. This makes the client feel that he/she is an object. So you need to relate in a pleasant, natural manner, putting the client at ease.



Demonstrate this communication cycle often and you will stay clear and crisp with it. Break it down and analyze it. See its component parts. You need to observe the client very closely in order to set this communication cycle to work for you.

You need to inspect what you're doing; you need to be there and observe. If you're thinking of what to do next, or have your attention on the past day's events or future events or have considerations and attitudes going on in the session, you will block the experience of the client and your own ability to observe. So be there and observe.

As you look over the communication cycle, you will see that **it is the coach's communication cycle that makes coaching work**. The client is discharging negative mental energy--NME. This energy is discharged by telling the truth--this is Energy Psychology (EP)101. You have two poles. You have a coach and a client. As long as the coach asks good questions and the client replies, there will be an exchange of energy. This exchange of energy, which occurs when the client looks at his/her past experiences, actually causes NME or electronic negative energy to move out, leaving the client free of stress.

In coaching, you want to:

- 1) **Create rapport with the client.**
- 2) **Ask the client appropriate coaching questions**
- 3) **Always maintain a high level of rapport in the sessions.**

Why I make such a point about this cycle and its importance in coaching, is this:

Biofeedback reads first on the congruence or coherence of the coach/client relationship and second on the client's past!

If you, as a coach, are distracting or confusing in your presentation, and are using the HRV Biofeedback Bio-monitor, (discussed in later sections) it will **read** (indicate) first on that block. The reads you get are coach-caused distraction reads.

When the coach is invisible, the client's focus is only on the coach's questions and the client's answers.

Another thing to look at in Coherent Communication is the fact that the only reason you're asking questions and looking for **inauthenticity** (unrealness, irrationality, NME, incoherence) is to increase the client's **authenticity** (realness, saneness, coherence, okayness).

Sometimes a coach can become so invalidating, and the client feels so wrong, he doesn't feel there is enough rightness to warrant his further looking or betterment. **So, only look to find the inauthenticity in order to increase the authenticity.** There needs to be authenticity present in the session in order to make movement. That's why you're finding something that the client can do somewhat, and improving that. **This is called Performance Coaching.**

Progress is built on baby steps of okayness by which you delete or release inauthenticity or negative mental energy as it comes up so that it can drop away. If you make the client not okay, then the client will return the flow by asserting authenticity in what he or she is doing. So, when you are finding the client being right about what's not working, realize that you are invalidating the client, and that he must be right in order to be present at all. The degree of trueness or okayness present must exceed the not okayness or inauthenticity or NME.

The client's ability to bring about gain or movement will cause negative issues to drop away in direct proportion to the rightness or okayness the client feels in session.

Once the client views the incident, takes a look, and spots the lie of mis-assignment of creation or power, the incident will come apart and clear up. EFT Tapping helps the client get to the bottom of the stack (accumulation of similar traumatic incidents on a thread starting from a core issue).

For example: a man is having a problem with his wife, but the problem, of course, from his viewpoint, is caused by the wife and not himself. If the man is able to see his own creation or authorship in the problem, he is able to see what he is doing, what he is creating, and how his actions are actually creating the problem. **Ultimately, the situation is always caused by the client himself.** There is always something that he or she can do to alleviate the situation.

The general rule here is that anything that is unwanted, yet persists, must be thoroughly viewed or re-created, at which time it will de-stress or vanish as a problem or difficulty!

In the *Coherent Coaching Session Manual* we will discuss the practical application of Coherent Communication in regular coaching sessions.

The Manual includes:

- Coaching Session Guidelines
- Establishing Client Boundaries
- Client's Biofeedback Assessment
- Coaching Mistakes to Avoid
- Understanding Client Communication
- Dealing with Problems and Incomplete Communications
- Creating a Safe Environment
- How to Build Deep Rapport
- How to Create a Coherent Presentation
- The Coach's Responsibilities
- Coherent Coaching Processes and Practices
- Training in the use of EFT Meridian Tapping
- Training in the use of HRV Biofeedback and HRV Monitors