

Summary yourself as an instrument

The more you know yourself as an instrument the more effective you will be as a facilitator. Like when you know the strings on an instrument, you are better able to resonate with the music as a coach or facilitator. This is the principle of resonance. This refers to which parts are capable of resonating, which parts can you use consciously for induction, in order to help the client to get in contact with that particular state.

It is an ongoing process to develop yourself as an instrument. Voice Dialogue is an excellent tool for that. To develop different parts in your personality and also to develop several different physical centres. In training with other people, it is useful to get feedback and to find out where your instrument is not yet fully tuned. Your instrument will need work and tuning. Finding out about what is your Primary Self and which is your Disowned Self. Which part needs to be integrated? In that way as a facilitator you are a change agent. You are constantly developing. Look at the clients that you attract and use that for your own development.