

Leaning In and Leaning Out

In Shadow Work®, we use the concept **Leaning In - Leaning Out** as facilitators and now it is available for you to use as well. The tool is accessed specifically when we as facilitators find the material or personal focus of a participant similar to our own history, issues or wounds. When this happens, we check in with our co-facilitator and let them know that we are experiencing some of our own emotions, thoughts and triggers related to the focus of the participant. We then make a choice to **Lean In or Lean Out**. We have two facilitators at all times doing Center work with participants and this is the primary purpose for that. When we are emotionally close to the participant's focused work, one of us can choose to be the back facilitator and *Lean Out*. We may just as easily choose to *Lean In* as the front facilitator and this is a valid option as well. The key is not that we make the right choice to **Lean In or Lean Out**. The key is to acknowledge the issue and emotional content before us and make a choice about how to handle it. It is foundational to Shadow Work® and transformational coaching is that we keep our shadows in front of us, not hidden, repressed or denied where they can. As we hold them with intention, they provide valuable insight.



Here are some practical applications for utilizing the wisdom of the technique **Lean In - Lean Out**:

***In conflict, do you want to directly address the issue (Lean In) or consciously acknowledge it to yourself but choose to let it be as is (Lean Out) Remember, it is the conscious acknowledgement where the magic and transformation can happen, not which way you choose to lean.**

***When noticing an addiction or repeat behavior in your life that you want to change, do you want to Lean-In or Lean Out? In this circumstance, notice what your automatic, most often used direction is. Lean the other way this time.**

***If there is noticeable tension or distress in a particular area of your life, choose to Lean In or Lean Out.**

- a) When choosing to *Lean Into* the distress and tension, let yourself really feel what it feels like. Give it a color, a shape, a smell or taste. Embrace it and wrap your arms around the distress and let it move through you, around you within you. Now appreciate it as you no longer resist it. For this exercise, let yourself believe that *it is there for a your highest good and greatest intention*. There is spiritual transformation awaiting you. Ask the tension/distress, *What is it there to offer you? What does this energy really want for you?*
- b) If you choose to *Lean Out* of the distress and tension, let yourself do the same but from a difference perspective. Allow for the objectivity and distance and witness the distress with some range and depth and space between you and it. Identify its characteristics. *What color is it, what shape, what messages does it have for your highest good? What does this distress and tension really want for you?*

You see, with either direction of your *lean*, you will no longer resist it, be distracted by it or give power to the fear you hold in it. Once you acknowledge *the lean in or lean out posture* and consciously make a

choice, your energy and attention is freed up. You may even be able to get a completely new perspective on the distress and issue.

Practice the ***Lean In or Lean Out technique*** as a Shadow Work and transformational coaching tool whenever you meet a challenge in life. It's fun to notice your natural tendency and to also practice leaning in and leaning out for problem resolution.

Trust the process and letting the solution reveal itself with ease.