

Presence & the TaO/ZerO

What TAO teaches us on Coaching Presence? At how many levels or layers are we Being Present? Constantly? Or not? How to be fully Conscious in our coaching when there's also the Unconscious? What's the Yin & Yang of Coaching Presence? And how to BE like "the flowing water" in our coaching, co-creating with the Client and the Whole.

A Poem On Coaching, From the Tao
which emerged just now (~while writing the resume above)
~ through/by Gery Pavlova ~

The Coach is already a gift to the Client.
 And the Client to the Coach.

If WE're **fully present** in the **Present** –
 with our **Being present** –
 we are already a **Present**
 to the Client and the Whole.

There where **WE** meets up a **HOLE**
 Makes up of a wonderful and circled **WHOLE**.
WHO I'm **BEING** as a Coach
 Makes it as to **HOW** I **COACH**.

Hence the vivid question is:
 What is **Conscious**?
 And (what) **NOT** is?
 Then, can WE **Be Conscious** of the **NOT**?
 And how to make of it a **KNOT**?
KNOT of knoweldge, yet un(kn)own,
 Co-creating "la chanson".



Verse 42

Tao gives life to the **One**
The **One** gives life to the **Two**
The **Two** gives life to the **Three**
The **Three** give life to **Ten Thousand Things**
All beings support **yin** and embrace **yang**
and the interplay of these two forces fills the universe
Yet only **at the still-point**, between the **breathing in** and **the breathing out**,
can one capture these two in perfect harmony.

– Lao Dzu, Tao Te Ching –

**The quotes from the “Tao Te Ching” in this file are of the translation by Jonathan Stars*



Levels of Presence

Experiment with the levels to distinguish how *you are being* while you are being present at any of these levels:

- Mental level (Mind) ~ thoughts and beliefs ●
 - Emotional level (Heart) ~ emotions and values ●
 - Physical level (Body) ~ internal & external ●
 - Speaking level (Voice) ●
 - Spiritual level (Spirit) ●
 - ~ yin (when receiving from Source) & yang (when manifesting / expressing) ~
 - Learning level & Doing level ●
 - Conscious & Unconscious levels of Presence ●
 - Energy level ~ Atom level ~ Particle level ~ Cell level ~ Space level... ●
- and 10,000 more levels or Presence...*



Verse 11

Wu is **nothingness, emptiness, no-existence**
Thirty spokes of a wheel all join at a common hub
yet only the hole at the center allows the wheel to spin.

Clay is molded to form a cup, yet **only the space within** allows the cup to hold water.
 Walls are joined to make a room, yet only by cutting out a door and a window
 can one enter the room and live there.

Thus, when a thing has existence alone it is mere dead-weight
Only when it has wu, does it have life.

~ Verse 40 ~

*The movement of Tao is **to return.**
 The way of Tao is **to yield.**
 Heaven, Earth, and all things are born
 of the existent world.
**The existent world is born of the
 nothingness of Tao.***



... INSIGHTS ...

- **The ultimate is to BE at the ZERO (the return to TAO) ●**

- **It's a constant process of transformation, change of states & movement ●**

~ from TAO (*the Ultimate Presence*) ~> to the 10,000 things (*the different levels of Presence*); and then from the 10,000 things back to TAO ~

- **Becoming AWARE & Being AGILE ●**

Becoming **aware** at which level of Presence you are being in this moment, helps you detach from it and go back to the ZERO/TAO

Being Agile is about being flexible to the constant process of **attaching-and-detaching** to and from any of the levels of Presence with the ultimate focus to return to the TAO.



AND SOME MORE INSIGHTS FROM THE TAO...

☯ When considered “as is” – some of the Coaching Competencies may be referred to as *rather Yin by design* and others – as *rather Yang by design* ☯

☯ Yet when “in motion” and when you are **BEING FULLY PRESENT** (from the TAO / at the ZERO), the **COMPETENCIES** are *neither Yin, nor Yang* → they are *Yin~Yang*, which is that which keeps the wheel go round 😊 ☯



Some of the Coaching Competencies through the prism of Presence from the TAO/ZERO

Coaching Presence is about **being present** at all levels simultaneously & at none at the same time. And with this, it's also about **being aware of the Conscious**, while **allowing for the Unconscious** to manifest itself in the conscious realm in the course of the coaching conversation.

Active Listening is about **becoming aware of and bringing your attention to the Client's Presence** at all levels and none at all, simultaneously.

Asking Powerful Questions is about **interacting & co-creating** along with the **Client's Presence**. It's also about yin~yanging with the Client's Presence within the mutual Presence at all levels simultaneously.

TAO & ZERO – *the place where the fine dance between the Beings happens. Where the Yang follows the Yin and the Yin follows the Yang, thus making the World and Life go round n'round...*



**Thank You for *Being Present* with Me & We.
And for Being the *Present*
~ for You and Me ~
co~creating the *Whole*
for the benefit of
ALL!**

ॐ NAMASTE! ॐ

